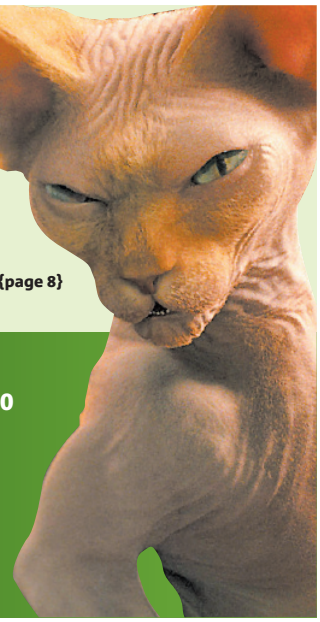
LASIK MD VISION
Get the best for less. Why pay more?
LASER VISION CORRECTION
Starting at $490 /eye†
5 YEARS TO PAY* NO $ DOWN FINANCING
†Certain conditions apply.
1-866-999-0435 | www.lasikmd.com

PUERTO RICO ON OUTS OF PBL?
LEVINGSTON SAYS NO TEAM LIKELY THIS YEAR {page 16}



KITTY BETTE MIDLER GETS CATTY ON THE PROWL {page 8}



HALIFAX metro®
Wednesday, July 28, 2010
www.metronews.ca

Share this copy with a friend



Food. Farming

▶ Meredith Versteeg picks raspberries at her family's farm in Hardwood Lands yesterday afternoon.

RYAN TAPLIN/METRO HALIFAX

Homegrown unappreciated?

A report released yesterday suggests local farmers are getting fewer food dollars from their fellow Nova Scotians than a decade ago. Reports says, on average, food is travelling about 4,000 kilometres to local dinner tables. Story, page 2

Former StatsCan chief talks

Credibility issues cited as reason for recent resignation {page 5}

Croatian island fascinating gem

Plenty to pack in on sunny isle of Rovinj {page 10}

Eatery takes on city hall

Restaurants cover Gottingen Street corner, but café on wrong side of street Unidentified complainant tipped off municipal staff to zoning violation



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

A north end Halifax café owner said he plans to fight the Halifax Regional Municipality's decision to shut down his business.

Lyndon Hibbert, owner of Caribbean Twist on Gottingen Street, said municipal staff told him last month he had to shut down his café due to zoning restrictions.

The section of Gottingen Street the café is located on is zoned as residential, though several high-end cafés and restaurants are located across the street at the Hydrostone Market.

Hibbert said he bought the section of the building from a take-out operation, which operated for two years prior to the opening of Caribbean Twist. He assumed he was safe.

Patrons filled the tables yesterday at lunch, and a petition to prevent the closing sported 10 double-sided pages of signatures.



"I'm not (pushing) for regional council to think about it. I'm doing it for them to do it."

LYNDON HIBBERT, ON THE POSSIBILITY OF COUNCIL GRANTING CARIBBEAN TWIST A ZONING EXEMPTION.

Municipal staff originally told Hibbert to close down his operation by the end of July, but recently granted him an extension until Aug. 30.

Mayor Peter Kelly said council can choose to grant an exemption in the Municipal Planning Strategy to accommodate Hibbert's business, but it requires a public hearing to do so.

LUMBER MART
DECK KITS
Ready to go!
• Only #1 finest quality woolmanized wood
• Buy a "kit" and save or stick build it
• All materials in stock and 100% guaranteed
• NEW! The convertible deck option*
*Convertible means framed with wolmanized treated lumber and use our "fibron" composite for decking and trim…no more painting.
• FREE PLANS
• FREE ESTIMATES
• 100'S OF STYLES / SIZES
Bring your measurements
Starting at $399 (#23200808) 8' x 8'
Check online for all our styles, sizes and prices…
DECKS & SHEDS: OUR SPECIALTY
HALIFAX 477-6500 DARTMOUTH 468-7772 www.lumbermart.ca
FREE HRM DELIVERY VOUCHER
LUMBER MART
Purchase any LumberMart Deck Kit
(Choose one of our kits or your design) and we'll drop it off FREE (A $49.00 value)
THE SHARPEST PENCIL IN TOWN
Offer expires July 31, 2010

1 news

Local food intake declines: Study

- Nova Scotians are eating less local than 10 years ago
- Eating homegrown food is better for the environment: Report



JENNIFER TAPLIN
@METRONEWS.CA

Those blueberries on your ice cream are more likely to come from the United States or Chile than the Annapolis Valley, according to a report released yesterday.

The Ecology Action Centre and the Nova Scotia Federation of Agriculture released a study last night showing in 2008, Nova Scotians were eating less local food than a decade prior.

Marla MacLeod, co-author of the report, said on average food is travelling about 4,000 kilometres to the dinner tables in Nova Scotia.

"When we looked at the percentage of the food dollars that goes back to Nova Scotia's farmers, it was 13 per cent in 2008, which is down from 17 per cent in 1997," she said.

But this isn't what apple producers are experiencing.

"In the last three or four years, we've had such an increase in interest to buy local that I hope it's going up," said Dela Erith, executive director of the Nova Scotia Fruit Growers Association.

She said she'd like to know what's happened since 2008 to see if the numbers would be different.

"We know our apple packers have noticed an increase in local interest since that (provincial buy-local) program was put in place."

Issues

RYAN TAPLIN/METRO HALIFAX



▶ Raspberries don't look much fresher than these.

- The problem is farmers aren't getting a good price for their food here, and we're bringing in a lot of food from other places, Marla MacLeod said. She added customers need to start asking for local food and retailers need to identify local items.
- "Now we have some baseline data, it's something we can monitor on a regular basis and we can set targets," MacLeod said.

RYAN TAPLIN/METRO HALIFAX



▶ Jonathan Fuller hand-thins an apple tree at his Avonport farm yesterday.

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca



SpinDoctor checks in with a theory on why the Tories botched the census issue so badly. More at metronews.ca/blogs

Follow us on Twitter @metrohalifax

Scan code for local news

Boy unhurt after close encounter with goat

It was kid versus kid — literally.

A young boy was unharmed after a goat charged at him in a Lower Sackville neighbourhood early yesterday morning.

Halifax RCMP spokesman Cpl. Joe Taplin said a mother was dropping off her son at a home on Orchard Drive around 7:30 a.m. when a goat appeared and charged at her boy.

"First time I've heard of something like that."
RCMP SPOKESMAN CPL. JOE TAPLIN ON THE BIZARRE INCIDENT

Taplin said the child ended up being butted by the goat, but he was not injured.

The goat then began charging at the mother, Taplin said, but the animal was gained control of and police were summoned.

The goat was eventually put back in the cage of the neighbouring residence it belonged to shortly before officers arrived.

Taplin said the residents who owned the goat were away when the animal somehow got loose from its cage.

PHILIP CROUCHER

News in brief

Man accused of trying to assault officer

CRIME. A man allegedly took a swipe at a police officer yesterday.

Just after 1 p.m., an officer responded to a call at The Pavilion on Cogswell Street of a man causing a disturbance. When the officer tried to arrest the 24-year-old, he became combative and allegedly tried to assault the officer with a skateboard.

He is facing several charges, including assault with a weapon.

Dirt bikers elude police

SEARCH. Two people on dirt bikes evaded police in the Grover Drive and Old Sambro Road area yesterday afternoon.

Police noticed the bikers driving dangerously and tried to stop them, but they fled. Police gave a brief pursuit. They are still investigating.

METRO HALIFAX

Sea Music revisits historical shanties

Festival returning for a second year. Celebration of Maritime culture takes place on Sept. 4 and 5



JENNIFER TAPLIN
@METRONEWS.CA

Songs that echoed around the harbour over 100 years ago will be heard again on the waterfront this fall.

Sea shanties and songs will be performed by over 20 performers at September's Halifax Harbour Sea Music Festival.

"There's a history of the comings and goings in this harbour to a song, whether its raising an anchor, raising or lowering a sails it's all done to this music." said David Stone, artistic director of the budding festival.

Besides performances on the waterfront, there will be an opening concert in Lunenburg and concerts in libraries around HRM.

"It's going to be a wonderful explosion of Maritime culture," said John Hennigar-Shuh, with the Maritime Museum of the Atlantic.

What's on

September 4 and 5:

- **On the stage** Boat Shop Stage (Maritime Museum of the Atlantic) – 10 a.m.- 5 p.m.
- **Sackville performance** Sackville Landing –10 a.m. – 6 p.m.
- **Performances for children** Storytelling and Children's Performances (Maritime Museum of the Atlantic): 11:30 a.m. – 4:30 p.m.
- **Ferry** Performances on the ferry – 3 to 4 p.m.
- **Go online for more information on the fest** Full details at halifaxharbourseamusicfest.com

RYAN TAPLIN/METRO HALIFAX



▶ Stephen Read, left, David Stone and Margo Carruthers sing a sea shanty at the Maritime Museum of the Atlantic yesterday.

Get ready for hurricane season, feds warn

While there are no storms currently coming down the pipes, Environment Canada is reminding Nova Scotians to be prepared for the hurricane season.

Chris Fogarty, program manager at the Canadian Hurricane Centre, said storm season in Atlantic Canada typically runs between August to late October. He said there are currently signs on Environment Canada's two-week monitoring system that things might be "heating up" down south, but no storms are on their way just yet.

THE CANADIAN PRESS FILE PHOTO



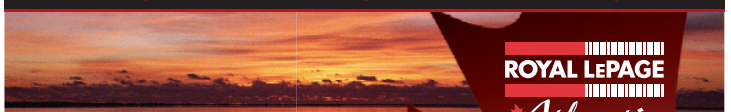
▶ Canadian Hurricane Centre program manager Chris Fogarty explains this season's forecast in this file photo.

"It does look like the tropical Atlantic is likely to develop a couple of storms over the next few weeks," said Fogarty. "At least, the computer models are hinting at that." Last year's two big storms — Bill and Danny — both hit the coast in August. ● ALEX BOUTILIER

14

The number of hurricanes predicted for this season by the Canadian Hurricane Centre in May.

ROYAL LEPAGE ATLANTIC



ROYAL LEPAGE Atlantic GO BEYOND

BUSINESS PROFESSIONALS
WANTED

Join the area's leading real estate firm with immediate openings for a serious career-minded and assertive team player to join a dynamic and growing company.

Call Matt to register
902-222-0730

Attend our
CAREER SEMINAR
TONIGHT AT 7PM
Royal LePage Atlantic Offices
7075 Bayers Rd

MERCER'S BEST BUILT STRUCTURES INC.
ANY SIZE, ANY STYLE, WE BUILD THEM ALL



We build your dreams!
Full service contractor offering:
- excavation
- foundations
- garage building
- new home construction
- realtor services
- free vist visit

902.482.4767
BestBuiltStructures.ca

QUALITY AND AFFORDABILITY
BBB
NOVA SCOTIA HOME BUILDERS' ASSOCIATION
ATLANTIC HOME WARRANTY

Prenatal tours at IWK cancelled

They're the standard capper to the prenatal classes for expectant parents, but the tours through the IWK Health Centre's maternity wards are ending on Friday.

"In the interest of patient health and safety, we're not going to be doing any more tours to the birth unit," said Ann McCabe with the IWK. The tours were conducted about once a week, giving eight to 12 people a look around the ward where they will deliver their babies. "It's a very busy acute care setting with lots of activity going on, and ... we have emergencies at times and we have families that are in that area too," McCabe said.

JENNIFER TAPLIN

Video tour

- Instead of walking tours, a video tour of the maternity wards is available on the hospital's website.

News in brief



MacLeod backs Baillie

CONSERVATIVES. Alfie MacLeod, above, is the latest Tory MLA to throw his support behind the leadership bid of Jamie Baillie. In a release issued yesterday, MacLeod stated he fully endorses Baillie, making him the fifth Progressive Conservative MLA to do so since the Truro native announced June 7 he was running for the party's leadership post. Baillie is the only candidate running so far — with a nomination deadline of Aug. 16. The party will choose its leader Oct. 29 and 30 in Halifax.

METRO HALIFAX

2 arrested at pharmacy

WINDSOR. RCMP had a man and woman in custody yesterday after police were called to a robbery in progress at a pharmacy on Gerrish Street. Police say prescription drugs were reportedly taken from the pharmacy. As of late yesterday, no charges were laid and police were continuing to investigate.

THE CANADIAN PRESS

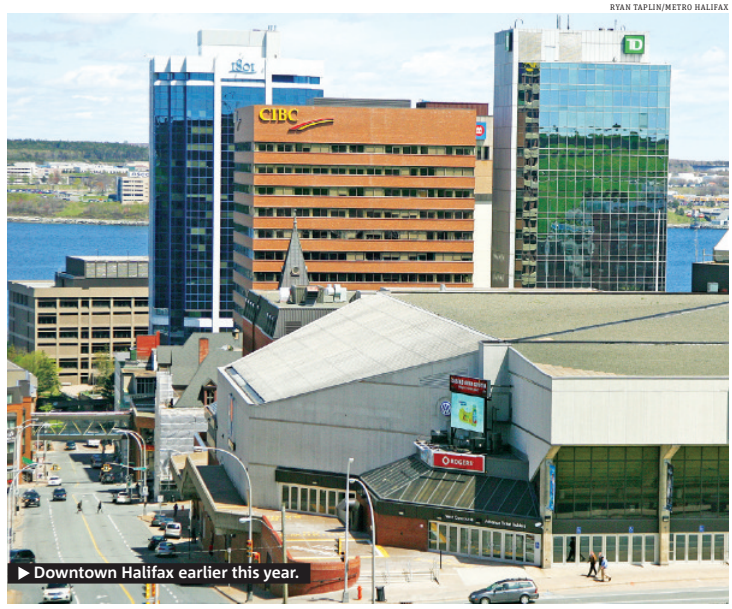
Van rear-ended by police car

CAPE BRETON. The police traffic safety unit in Cape Breton is investigating after an unmarked police car rear-ended a minivan, hit a pole and flipped on its roof. The crash happened Monday at 11:40 p.m. in Sydney. Both vehicles were badly damaged, but there were no injuries.

THE CANADIAN PRESS



RYAN TAPLIN/METRO HALIFAX



Downtown Halifax earlier this year.

Debate rages over plan for proposed centre

Developers want to build 14-storey convention facility downtown Critics say idea not viable

A proposal to build a convention centre in Halifax has triggered a heated debate over the downtown core, which some say is in dire need of revitalization after years of neglect.

Downtown Halifax — particularly the Barrington Street area — once brimmed with shops, theatres and restaurants, attracting droves of families who sought an escape from their daily work lives.

But in recent years windows have been shuttered, doors closed and buildings torn down.

Development company Rank Inc. has proposed to erect a 14-storey convention centre on the site of the old Halifax Herald.

Members of the local business community are banking on the centre to be a shot in the arm for downtown.

Paul MacKinnon, executive director of the Downtown Halifax Business Commission, says the convention centre would represent a "momentum shift" for downtown, which he says the municipality has neglected for the past 15 years.

But not all are convinced the project would be a watershed for the downtown.

Allan Robertson, a retired management consultant who now works with a group against the project called the Coalition to Save the View, said the centre would only sequester convention delegates.

THE CANADIAN PRESS

FIRE

Dal fire caused by smoking embers on rooftop of building

Investigators have determined a weekend fire at Dalhousie University was caused by smoldering embers on the rooftop.

Halifax regional fire spokesman Capt. Dave Meldrum said the blaze, which burned a hole through the rooftop of the Life Sciences Centre, was accidental. Workers using blowtorches on a new access hatch missed the ember that sparked the blaze.

The fire burned a hole through the roof, but left the majority of the building untouched.

Several buildings on the campus of Dalhousie University were also closed briefly because of a broken water main.

ALEX BOUTILIER

Construction starts on monument

Construction has begun on the Nova Scotia Fallen Peace Officers Monument in Grand Parade.

The four-metre high triumphal arch will be built over the next six weeks in front of City Hall.

It's a monument to provincial police and peace officers who died in the line of duty.

METRO HALIFAX

Former StatsCan chief explains why he quit job

An emotional Munir Sheikh says he resigned over credibility surrounding reports on long-form census

The country's former chief statistician says he quit his job when it became apparent his agency has suffered a hit to its credibility.

Munir Sheikh, who resigned his post last week, told a House of Commons committee that he could not stand at the helm of Statistics Canada once it was reported his agency had recommended scrapping the mandatory long-form census.

His voice broke as he quoted an article the former clerk of the privy council, Alex Himelfarb, has written in support of him.

He then outlined exactly what spurred his departure: "The issue for us is the quality of that data, and we acknowledge, as the minister did, that (the politicians) are the ones who make decisions, not the public servants."



▶ Munir Sheikh

The reason I stepped aside was because of media stories that Statistics Canada was not just implementing the decision, but recommending it."

Those media stories arose from statements Industry Minister Tony Clement made in interviews, saying that he had gone with a recommendation of StatsCan to replace the long-form census with a voluntary survey.

Clement has since clarified his comments, and repeated at the committee that the decision to scrap the census was made by the federal cabinet alone.

"It was our government that took the decision to put an end to the concept of Canadians being fined or facing jail time," said Clement. He also said the government would go to great lengths to ensure the voluntary survey would be a suitable replacement for the long census.

But Sheikh, and his predecessor Ivan Fellegi, emphasized that the data would be of a lesser quality with a voluntary system.

The two men said there would be biases worked into the survey because certain groups of people such as aboriginals and low-income Canadians would fill out the survey in fewer numbers.

THE CANADIAN PRESS

News in brief

Conservatives losing votes?

POLITICS. A poll suggests opposition parties are gaining on the Conservatives across Canada.

The survey says the Tories' national lead over the Liberals slipped to five percentage points from eight. The biggest drop for the Tories was in Ontario, where they're tied with the Liberals. Both parties have lost ground to the NDP in British Columbia.

THE CANADIAN PRESS

Mountie trouble brews

RCMP. As many as 10 high-ranking members of the RCMP are accusing commissioner William Elliott of arrogance and being verbally abusive, close-minded and insulting. As a result, the Mounties are carrying out an assessment to resolve the conflict. THE CANADIAN PRESS

Netherlands. Sail away



▶ Laura Dekker on her boat Guppy in Den Osse, southwest Netherlands, July 27, 2010.

EVERT-JAN DANIELS/THE ASSOCIATED PRESS

Come hell or high water

A Dutch court has cleared the way for 14-year-old Laura Dekker to set sail on a risky solo voyage around the world. She could begin in two weeks.

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

Make Long Distance and Overseas Calls From Your CELL PHONE!

(at our GUARANTEED LOWEST RATES!)



✔ No need to cancel your service provider.
✔ $10 Free Long Distance for every friend you refer
✔ No Contracts

CUBA 89.9 ¢/min | INDIA 2.9 ¢/min | PAKISTAN 5.9 ¢/min | PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh from 3.9 ¢	Lebanon .....9.9 ¢	Iraq from .....4.9 ¢
Barbados.....9.9¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal from .....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....12.9 ¢	Russia from .....2.9 ¢
Ecuador.....12.9¢	Fiji.....24.9¢	Saudi Arabia from .....9.9 ¢
El Salvador. .....9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9¢	Sri Lanka.....9.9 ¢
Jordan.....13.9 ¢	Guatemala.....10.9¢	Trinidad.....4.9 ¢
Kenya from .....9.9 ¢	Guyana.....27.9¢	U.A.E.....16.9 ¢

UNLIMITED Calling to INDIA From your Home or Cell Phone!

only $29.95 /month

UNLIMITED Calling to Anywhere in CANADA From your Home or Cell Phone!

$5 /month

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... GUARANTEED!



Comwave will be open on Monday, August 2nd for your convenience.

comwave

1-866-519-8090 comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Rate Guarantee is based on competitors lowest advertised rate for like services. $29.95 Unlimited calling to India is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply, see www.comwave.ca for details

SIZZLING SUMMER SALE

Bring in this Ad and get an additional $500 off your best deal!



2005 SUNSEEKER 2600W



Go anywhere, 4 season unit with a generator, queen island bed, full bath, sleeps 6.

Stk#705-188

OWN FOR $32,900 or *341 /month

2005 SUNSEEKER 2600W



Superior Arctic pak will enable the use of the water system up to -30. It also offers a Queen island bed sleeps up to 6.

Stk#705-183

OWN FOR $37,900 or *341 /month

2005 SUNSEEKER 2600S



Offers a queen size island bed in a private bedroom. Slide at the dinette area opens up the living space when parked.

Stk#805-092

OWN FOR $34,900 or *314 /month

2005 SUNSEEKER 2600W



Generator and a superior Arctic pak, enables use of the water system up to -30. Queen size island bed and 2 twins in the overhead. Sleeps 6.

Stk#705-195

OWN FOR $37,900 or *341 /month

2005 SUNSEEKER 2600W



Honey Oak Cabinets line the kitchen of this motorhome. Private bedroom with a queen size island bed. Sleeps 6. Non-smoking and very clean.

Stk#705-189

OWN FOR $36,900 or *341 /month

*OAC and based on 7% APR, with 180 month amortization, taxes not included. Contact us for pre-approval terms & eligibility.

CANADREAM experience Canada at your own pace

221A Waverly Rd.
Dartmouth, NS
shari@canadream.com
saulenback@canadream.com



Visit www.canadream.com or Call 1 888 819 9537 (Toll Free - Canada & U.S.A)

VM0716 * TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and CanaDream

Poll: Consumer confidence sinks in Canada

Gloom spreads in both Canada and U.S. over economic slowdown Second straight month of worry

The Conference Board says consumers' confidence in the economy fell in July for the second month.

The think-tank's monthly survey of consumers shows Canadians across the country were feeling less bullish — particularly in regards to jobs.

The survey shows only 20.7 per cent of those surveyed expect jobs to be more plentiful in the next six months, down 2.4 percentage points from June.

There was also a similar increase in the number of people who expect there will be fewer jobs.



▶ Numbers still better than in U.S.

The confidence reading came after Statistics Canada reported the economy created 93,000 jobs in June, far more than economists had expected. Overall, the Canadian consumer confidence index fell 3.7 points in July, after dropping 5.7 points in June. THE CANADIAN PRESS

Lost confidence

The Bank of Canada and the U.S. Federal Reserve have scaled back their future growth projections.

▶ **Worries** Consumer skittishness could cause them to delay or cancel purchases, further depressing economic activity.

NYSE. Opening bell



▶ Jersey Shore cast, from left, Vinny Guadagnino, Jenni Farley, Nicole Polizzi, Michael Sorrentino, Ronnie Ortiz and Angelina Pivarnick.

RICHARD DREW/THE ASSOCIATED PRESS

Jersey Shore comes to Manhattan

Cast members of MTV's Jersey Shore reality series pose for photos yesterday after ringing the opening bell of the New York Stock Exchange.

Imax lands deal with Russia

Imax Corp. says it has won an agreement to install up to 14 Imax big-screen theatre systems across Russia. Three locations will open before the end of 2010.

THE CANADIAN PRESS

Market moment

DOLLAR	GAS	OIL	TSX
– 0.35¢ (96.51¢ US)	+ 6.3¢ ($4.625 US)	– $1.48 ($77.50 US)	– 29.38 (11,716.69)

UNPLUG ... UNWIND ... AND DROP OUT

Just sayin'

PAUL SULLIVAN



I'm about to go on vacation.

You know, "vacation?" When you trade the office, the desk, the phone and high-speed Internet for the hotel room with the desk, the phone and high-speed Internet.

Vacations are quality time spent with "families" when you only check your messages 35 times a day instead of the regular 70. It's that time when you can get out on the beach or the golf course and listen to all the tweets.

There are even some birds left, too.

Wait a minute! Stop the insanity! It's time to draw a line in the sand. What better time and place than on vacation, where sand is often available.

On this vacation, I pledge to unplug and rediscover my surroundings, in this case the coast of Oregon, which has some of the most awe-inspiring sand on the planet.

It won't be easy, because wherever I go I can get to five bars and do business, 24/7. Somewhere on Earth there's a client who needs me, a deadline to be met, an email to answer, a friend request, a follower to add. The plan is to set up the Mother of All Firewalls, let nothing through and just sit there, contemplating the sand between my toes.

"Somewhere on Earth there's a client who needs me, a deadline to be met, an email to answer, a friend request, a follower to add. The plan is to set up the Mother of All Firewalls ..."

I'm a little concerned since there's another person coming — my wife — and she will probably expect me to interact with her in real time, face-to-face, and we're not talking Facebook. Relationships these days consist of two people sitting in deck chairs with devices talking to everyone they know except each other. What do we say to each other? Like OMG, who RU?

I'm hardly the only one who feels this way. Out there, on the road, at the breakfast buffet, the beach, the patio, I'm likely to encounter other fidgeting workaholics sneaking desperate furtive glances at their BlackBerrys while pretending to be interested in this seashell or that sunset. To you I say:

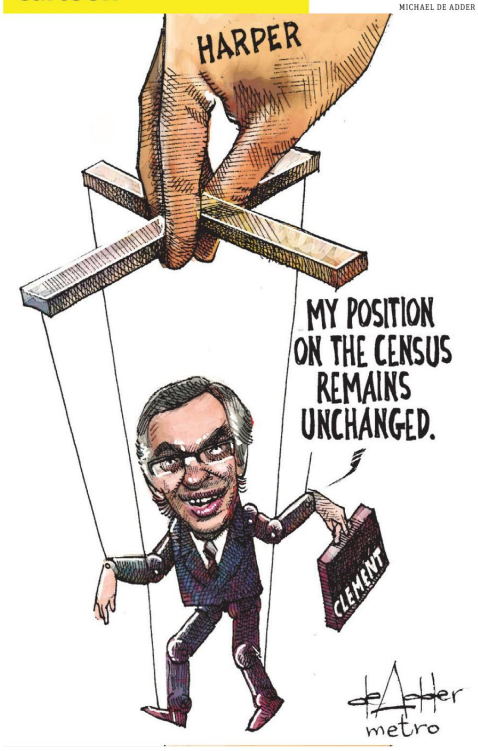
We're pathetic. A couple weeks a year — at least — it's a good idea to stop being important multi-tasking members of the hive and just Be. Be a husband, a dad, a wife, a daughter, a son, a (real) friend. Caution, this requires something called an attention span, with which you may not be familiar.

Cold turkey, that's my only hope. Leave the smart devices at home and take only the stupid ones, like a flip phone with a My Sharona ring tone for ordering pizza in Cannon Beach.

Now, how do you set up those "I'm away until Aug. 16" messages on email ...

Cartoon

MICHAEL DE ADDER



Time & money continuum

Letters & Tweets

We asked: What would you rather have more of, time or money?

TORONTO. Why choose one when you can have both.

Build a "residual" income business ... within two to five years anyone can be financially free. I'm building my business so I don't need to trade my time for money until I'm 65 and have no pension when I get there. That's another 27 years of work for me.

This is going to let me enjoy time with my family and do the things we want, when we want. So there is no need to choose one when you can do some work for the next few years and build something that will pay you forever. You deserve it don't you?

RICK MORRA

HALIFAX. @newlab_tunes: I would rather have more money. I would kick-start my website, pay my parents back and live more comfortably, & donate to IWK.

TORONTO. I would like to have a little of both. I work in an office (IT) and I find I don't nearly have enough time to do my work. You can never have too much money in today's world with HST, eco fees, transit passes, bailouts, interest rates, mortgage payments — the list goes on and on.

JASON DUSTER

Watch your dollars

PHOTO ILLUSTRATION



What celebrity are you sick of hearing about?

Email
halifaxletters@metronews.ca
Twitter
@metrohalifax

Metro has the right to edit letters and submissions.

metro

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610
Advertising: 902-421-5824 • halifax_advertising@metronews.ca • halifax_distribution@metronews.ca
Publisher Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Diane Curran, **Distribution Manager** April Doucette

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Halifax beaches

If you're looking to cool off this summer and want to take a dip in the water, there's good news. The Halifax Regional Municipality announced yesterday Black Rock Beach in Point Pleasant Park, the Dingle Beach in Fleming Park, Dartmouth's Albro Lake and Oakfield Beach are all re-opened for swimming. All four were closed due to high bacteria counts.

Black Rock and Dingle beaches have been closed off and on throughout July due to high bacteria counts. For up-to-date information on conditions of more than 30 beaches in HRM, phone 490-5458 or visit halifax.ca/recreation/beaches.html.

● **PHILIP CROUCHER**

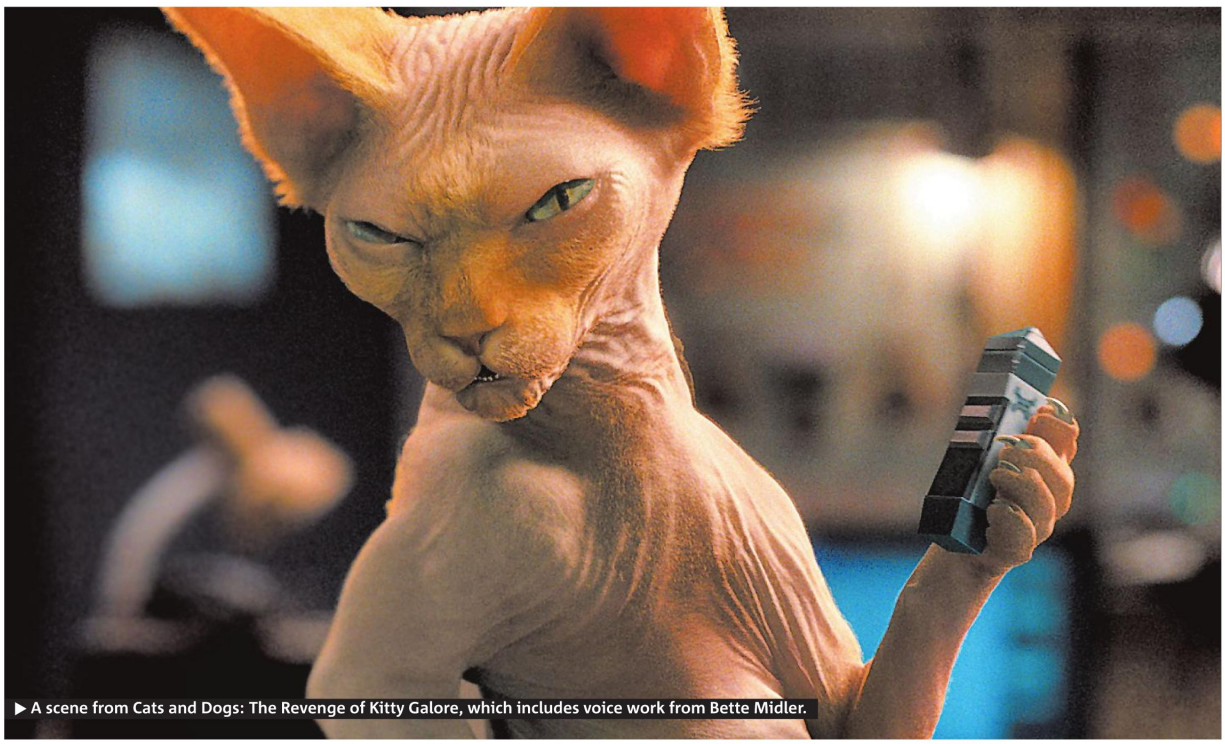
RYAN TAPLIN/METRO HALIFAX



▶ A child walks along Black Rock Beach earlier this month.

2 scene

Actress voices hairless feline determined to destroy the world in Cats and Dogs: The Revenge of Kitty Galore ◆ Supports green projects when not in the studio



▶ A scene from Cats and Dogs: The Revenge of Kitty Galore, which includes voice work from Bette Midler.

Bette Midler sinks her teeth into villain

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

In Cats and Dogs: The Revenge of Kitty Galore, singer, actress and all-around entertainer Bette Midler got to sink her teeth into the titular villain, a hairless cat hell-bent on world domination. And Midler admits the desire to take over the world was pretty easy to relate to.

"I think a lot of female entertainers think about that when they start out," she says. "I did."

But as for her character turning evil after an on-the-job accident causes her fur to fall out, Midler insists that's where they differ. "Something happens to my hair in real life every day and I don't," she says with a laugh.

Dealing with hair issues is something she says she learned about early on in her career. "A long time ago when I first started in the theatre, I was in Fiddler on the Roof, and one of the girls in Fiddler was a Puerto Rican girl," Midler remembers.

"The opening night, she had done something to her hair, she had tried to straighten her hair or something, and her hair fell out. Literally. And she didn't even blink. She went out, she got a piece, she slapped it on, she went out, she gave the performance of her life. And I never forgot that. From that time on, I never thought twice. I just look around, grab a piece, put it on and go."

Of course, doing voice work for her latest film didn't require much concern about her hair. "It's not just isolating, it's lonely," she says of the recording sessions. "Because it's just you in a dark room with a sketch of a character or sometimes a filled-in scene, but you don't work with the other actors. It's like one long looping session, I said. It's like, 'Oh my God, ADR for days.'"

As much as her feline counterpart is determined to destroy the world, Midler has been working for more than a decade on saving it — or at least her home city.

"A couple of years ago, I teamed up with the New York City Department of Parks and Recreation to plant a million trees in New York City, and we've planted about 375,000 so far in the last two years," she says.

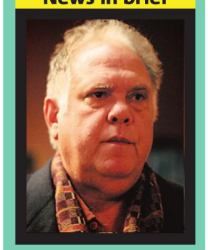
"I also am the founder and chairman of an organization called New York Restoration Project. We clean abandoned parks and public places, and we also own 55 community gardens where people in the community grow their own food."



▶ Bette Midler in the studio.

"It's our 15th anniversary this year, and it's been fantastic. (New York Restoration Project) has been one of the great projects of my life." BETTE MIDLER

News in brief



Maury Chaykin, a mainstay of Canadian film and television who established himself through such iconic roles as a faded rock star in Whale Music, has died at age 61.

The Gemini and Genie Award-winning actor died Tuesday morning after battling kidney problems, said Mark McKinney, who produced Chaykin's most recent series, the HBO Canada sitcom Less Than Kind.

"He was one of our greatest actors," said McKinney, adding that the cast was devastated by the death.

THE ASSOCIATED PRESS

SCANLIFE

Paul McCartney reflects on performing for Obama

Rough day at the Office

Actor Rainn Wilson of The Office has countersued a Portland company in a website development dispute.

He's seeking at least $400,000 US in damages from Think Brilliant, accusing the company in a recent federal court filing of fraud and breach of trust. Think Brilliant sued Wilson earlier this month, seeking $11.3 million US and alleging the actor failed to properly compensate the company for website development work.

11.3 The number in millions for which website company Think Brilliant is suing actor Rainn Wilson.

Think Brilliant also contends Wilson hacked into its database and accessed confidential materials. The actor and the company had an apparently amiable relationship over two years as Think Brilliant helped develop Wilson's website, SoulPancake.

THE ASSOCIATED PRESS

Angie sings Papa Brad's lofty praises

In addition to being impossibly handsome, wealthy and famous, Pitt is also a 'wonderful father'

Actress Angelina Jolie, in Tokyo for the weekend opening of action thriller Salt, brushed off rumours about her shaky relations with Brad Pitt.

"He was just a wonderful father," she said yesterday of Pitt, during work on the film, in which she plays a tough spy. He often brought the children to the set, she recalled.

"They played with fake blood, and they found mommy very strange in her different hair," she said.

Pitt and Jolie have been partners since they began a relationship while working on the 2005 film Mr. & Mrs. Smith. They are raising six children.

Last week, Pitt and Jolie accepted undisclosed damages to settle a privacy claim against a British tabloid that had reported in January that they were planning to split.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ We're a regular family, just like you. Only much, much better in every single way

Twitter block

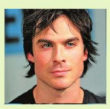
▶ Angelina Jolie has finally joined Twitter, but she isn't using the micro-blogging site to keep fans updated on her personal life. Jolie reportedly secured her username and then locked it, according to Us Weekly. The account isn't following any other users or allowing followers.

METRO WORLD NEWS

Celebrity tweets



John Mayer [@johncmayer] Lots of beautiful ladies in NYC this afternoon.



Ian Somerhalder [@ianSomerhalder] Back in Atl, great city worst water in America... Why? Does everyone enjoy brushing teeth in pool water? More chlorine than any other major city I've seen. Uhh, can we find out why and change this? Children drink this stuff? Not good



Sarah Silverman [@SarahKSilverman] Why isn't there a bone protecting our throats? There's so much important stuff in there.

METRO WORLD NEWS

Talking points

No plans to let Lohan out early

GET YOURSELF COMFY. Lindsay Lohan's hopes of getting out of prison after barely a week will be dashed, if the Los Angeles County Sheriff's Department has anything to say about it, according to Hollyscoop. Lohan's lawyer had been working on getting her embattled client released before the end of the month, but according to Sheriff's Department spokesman Steve Whitmore, that's not too likely: "She won't be released this week," Whitmore said.

Madonna reinvents child labour

Madonna says she's very happy with her latest clothing line at Macy's — and with the fact that her daughter, Lourdes, is doing most of the work."No question, Lola seemed the perfect choice," Madonna said.

METRO WORLD NEWS

Britney meets her boyfriend's folks

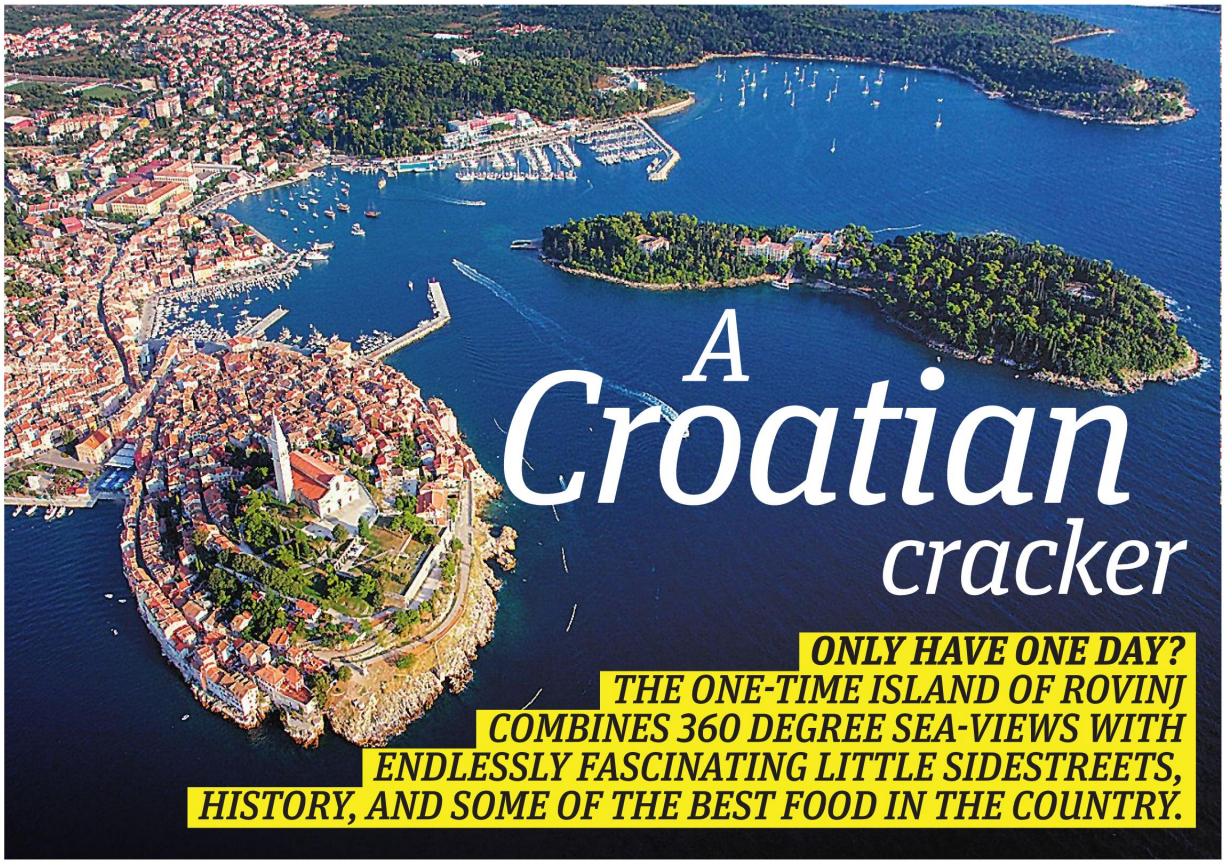
SETTLING DOWN. Things seem to be getting serious between Britney Spears and Jason Trawick, her former agent and current boyfriend. The pair even had a night out recently with Trawick's parents, enjoying an early dinner before heading to a show at the Pantages Theater in L.A., according to People magazine. "Britney seemed to fit in very well with his family," a source tells the magazine. "She seemed very comfortable. She was very warm to them. Britney and Jason were really affectionate."

METRO WORLD NEWS





3 life



A Croatian cracker

ONLY HAVE ONE DAY? THE ONE-TIME ISLAND OF ROVINJ COMBINES 360 DEGREE SEA-VIEWS WITH ENDLESSLY FASCINATING LITTLE SIDESTREETS, HISTORY, AND SOME OF THE BEST FOOD IN THE COUNTRY.

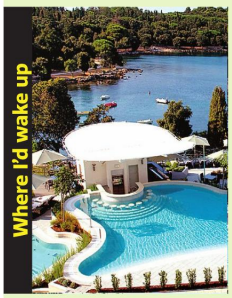
Top pick

Travel find this week:

1 **Hotels:** Delta Hotels & Resorts just cut rates by up to 50 per cent at hotels in more than 25 locations across Canada. Room rates start at $87 per night for stays through Sept. 6. The offer expires Aug. 4. Call 1-888-573-4829 and use promotion code TZC to book.



ScanLife
Planning your next vacation? Maybe you should start by looking at the stars



Hotel Monte Mullini

montemulinihotel.com

Rovinj's first five star hotel is breath-taking. Beautifully designed into the hillside, fabulously light and airy, big rooms, and views of the bay everywhere you look. Impeccable service, great restaurant and extensive wine list with some Croatian gems. Superb.

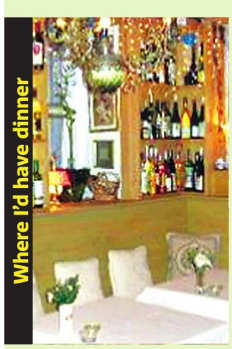


D. TALAJIC

Monte

monte.hr

Footsteps away from the Cathedral awaits this funky and informal but very high calibre restaurant. Expect the freshest foods from Rovinj's market and the freshest fish form Rovinj's sea or just leave yourself in the hands of gaffers Tjitske and Danijel Djekic.



Enoteca Al Gastaldo

Iza Kasarne 14. 052/814-109.

This family-run corner restaurant, on Iza Kasarne, specialises in high-quality shellfish, sole and lobster dishes which aren't cheap but are superb. Failing that try any of the equally decent seafront places which make up for their minor cordon bleu failings with perfect sunsets.



Cathedral of St Euphemia

Garibaldijeva 1

The imposing early 18th century tower is the centrepiece of this low-rise town, and a great reference point. Religious relics fans will love the remains of St. Euphemia, a virgin fed to the lions before her bones miraculously floated to Rovinj.



FLICKR.CC ZHAFFSKY

Hit the beach

There are a number of beaches around Rovinj. All are pretty, most are rocky. It's annoying at first but take a pair of flip-flops and the sea is so perfectly warm and the surroundings so stunning that you soon get used to it. If you're a purist, Cuvi beach, to the west, actually has a modicum of sand.



The Monvi Centre

Something like a clubbing theme park this, with all the groovi-est bars and dancefloors all in one place. Music runs from serious dance, to punk and rock, to Croatian pop and folk. The centrepiece is the Amfiteatar and pool bar, which hosts major gigs.

METRO WORLD NEWS

Cyprus chill

Ayia Napa has become synonymous with clubbing, boasting one of the world's biggest scenes But there's more to this pretty corner of Cyprus

DAILY BUDGET	EAT	STAY	GO
$65	***DE MEDICI*** A real-deal Italian restaurant in the centre of Ayia Napa offering a relaxed atmosphere, delicious and authentic cuisine, homemade foods, all prepared using the fresh and finest ingredients. **demedici.info**	***NAPA PRINCE*** Not the prettiest holiday rooms, and a little walk from the beach, but shop around online and grab yourself a real bargain. All the usual amenities but the price is the big attraction. **napaprince.com**	***THE SEA CAVES*** Basically a stunning free walk. A paved walkway traces the shore to this series of natural caves. Brilliant to explore but take boots because the razor sharp terrain is treacherous. **3km from city centre**
$130	***FISH MEZE*** Beach location makes this place a perfect for romantic dinner. Add an unbelievable choice of fish meze (the Ouzo mussels is genius) for an unforgettable experience. **karousosbeach.com**	***ATLANTICA AENEAS HOTEL*** Huge but well served hotel right in the heart of things. Good food, good bars good pool and good atmosphere. A quality family hotel. **aeneas.com.cy**	***NISSI BEACH*** Another completely free attraction. For most the white sands, azure seas and serious tunes, are the perfect place to recharge after a night's clubbing. **Ayia Napa**
$650	***CLARABEL*** Sensational family-run restaurant specialising in Cyrpian and Mediterranean cuisine. They love flambee dishes too so don't miss out! **clarabelflambee.com**	***ALION BEACH HOTEL*** Superb, understated hotel whose 100 room size is offset by extraordinary customer service. Every member of staff smiles and seems genuinely concerned you are happy. **Kryounerou Ave 38**	***CLUBBING*** Clubbing has become the life blood of Ayia Napa, so start in The Square and take your pick. The Castle is arguably the daddy together with Bedrock and Ice Watch the bouncers though. **METRO WORLD NEWS**



▶ Nissi Beach



FLIGHT CENTRE® Unbeatable

Airfares



Vancouver
one-way from **$279** + taxes & fees $103

Toronto	one-way from $129 + taxes & fees $66
Calgary	one-way from $229 + taxes & fees $96
Orlando	from $289 + taxes & fees $115
Miami	from $318 + taxes & fees $140
Montego Bay	from $395 + taxes & fees $294
London	from $449 + taxes & fees $395
Frankfurt	from $489 + taxes & fees $356
Honolulu	from $498 + taxes & fees $150
Las Vegas	from $559 + taxes & fees $114

Eur ope Your Way



FREE $25 Esso Card
Get a $25 FREE Esso gift card per passenger when booking an air only or an air-inclusive package to Europe with Air Canada Vacations. Book by July 30th, 2010.

Why travel with Air Canada Vacations?
- Free sightseeing tour with air & hotel packages
- Free advance seat selection
- Industry leading on-demand personal seat-back entertainment
- Web and mobile check-in
- Thousands of Aeroplan® Miles
- Over 30 non-stop flights daily
- Flexible durations
- Fly into one city and return from another

AIR CANADA VACATIONS

All-inclusive Vacations

Cancun
7 Nights 4-Star
from **$686** + taxes & fees $303

Samana 7 Nights 4-Star — from $699 + taxes & fees $323

Varadero 7 Nights 4-Star — from $809 + taxes & fees $112

Canada Vacations

Montreal
Air + 2 Nights
from **$299** + taxes & fees $130
INCLUDES accom in downtown Montreal with breakfast. ADD Greater Montreal tour from $59.

New England
Air + 7-Day Car — from $399 + taxes & fees $109
INCLUDES air to Boston and 7-day car rental with unlimited mileage. ADD Cape Cod harbour cruise from $69.

Prince Edward Island
4 Nights 4-Star — from $599 taxes & fees included
INCLUDES accom located in the heart of Olde Charlottetown. ADD Sea Kayaking from $69.

Europe Vacation

London Air + 6 Nights
from **$799** + taxes & fees $395
INCLUDES central accom with breakfast.

Cruise & Stay Vacations

Western Caribbean & New Orleans
Air + 2 Nights + 5-Night Cruise
from **$959** + taxes & fees $153
INCLUDES all air, 2 nights New Orleans accom and cruise. CRUISE roundtrip New Orleans and visit Progreso & Cozumel.

Canada & New England
Air + 1 Night + 10-Night Cruise — from $1299 + taxes & fees $285
INCLUDES all air, 1 night New York accom and cruise. CRUISE from New York to Quebec City and visit New London, Boston, Bar Harbor, Halifax, St John, Sydney, Charlottetown and Quebec City (overnight).

Vancouver, San Francisco & Las Vegas
Air + 5 Nights + 2-Night Cruise — from $1389 + taxes & fees $223
INCLUDES all air, 1 night Vancouver accom, cruise, 2 nights San Francisco accom and 2 nights Las Vegas accom. CRUISE from Vancouver to San Francisco.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 485 7093 | TEXT Join our Insider Club for hot deals. Text YHZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree.

Beer adds a taste of summer

LARRY CROWE/THE ASSOCIATED PRESS



4 portions
Prep and Cooking time: 45 min.

▶ Honey Dijon Beer-Marinated Chicken Sandwich With Slaw.

The acidity and sweetness of the beer simply works wonders with the flavour and texture of the chicken

Ingredients :

- 2 boneless, skinless chicken breasts
- 1 bottle (341 ml) pale ale beer
- 1 1/2 cups broccoli slaw
- 1/4 cup mayonnaise
- 2 tbsp sweet relish
- 1/4 cup Dijon mustard
- 2 tbsp honey
- 1/3 cup slivered almonds
- 1 cup panko (Japanese-style) breadcrumbs
- 1 tsp garlic powder
- 3/4 tsp salt
- 3/4 tsp ground black pepper
- 1 egg
- 2 tbsp butter
- 4 sesame seed hamburger buns

The search for a tender, juicy and flavourful breaded chicken sandwich ended up in the place where so much great thinking begins , the beer aisle.

After playing with various ways and ingredients for imparting flavour and moisture to this most ubiquitous of bird meats, it was discovered that a beer bath had the biggest payoff in terms of big flavour.

Preparation:

1. One at a time, slice each chicken breast horizontally through the centre to form 2 thin halves.
2. In a medium bowl, combine beer and chicken. Refrigerate for 30 minutes.
3. In a small bowl, combine slaw, mayonnaise and relish. Mix well, then refrigerate until needed.
4. In a small bowl or cup, whisk together mustard and honey. Set aside.
5. Meanwhile, in a food processor, pulse almonds until coarsely ground. Transfer to a wide, shallow bowl. Add panko, garlic powder, salt and pepper, mixing to combine.
6. When chicken is ready remove it from beer and pat dry with paper towels. Whisk egg in a wide, shallow bowl. One at a time, dredge each chicken cutlet through egg, then through breadcrumb blend.
7. In a large skillet over medium-high, melt butter. Working in batches and adding more butter as necessary, add chicken and cook for 4 to 5 minutes per side, or until cooked through.
8. To assemble sandwiches, layer a quarter of the slaw mixture over the bottom half of each bun. Top with a chicken cutlet. Spread a generous amount of mustard over the top half of the bun, then place over chicken.

THE ASSOCIATED PRESS

Superfood: Chili Peppers



It's hot stuff — not only when you eat it, but for your health too.

Chili peppers contain the powerful phytochemical capsaicin and the hotter the pepper, the more capaiscin it will contain. Capsaicin helps fight inflammation as it helps prohibit Substance P, a neuropeptide linked to inflammation. Chilis also help prevent sinutitis and relieve congestion.

Varieties of chilli peppers such as Cayenne have been shown to reduce blood cholesterol. Its bright redish colouring indicates high levels of beta-carotene or Pro Vitamin A, which plays an essential role in boosting the immune system.

ROMINA MCGUINNESS

Can yogurt save the day?

Probiotics are the new buzz world in the culinary world We find out the basics of the food phenomenon that is sweeping the globe

Stroll down your local dairy aisle and observe: Many products boast probiotics, good-for-you bacteria that can help our bodies' digestion and boost our immunity. But what does it all mean?

"Probiotics in general are a bit of a Wild West situation," says gastroenterologist and assistant professor of medicine at Yale University, Dr. Anish Sheth. "It's a buzz word, something a lot of people are touting, but there is a lack of quality control."

"(Priobiotics) is a buzz word, something a lot of people are touting, but there is a lack of quality control."
DR. ANISH SHETH

He explains that there are two forms available to consumers:

One is probiotic supplements such as Phillips Colon Health, for which Dr. Sheth is a spokesperson.

The other is through food products, such as yogurts, cereals, chocolates and drinks.

"In food, it's less clear how many billion colonies (of bacteria) you get if you ingest, say, a smoothie," Dr. Sheth says. "Because (probiotics) are not regulated by the FDA, these food products are suited for maintaining general health. They aren't designed to specifically tweak serious gastrointestinal problems."

METRO WORLD NEWS

The basics

- **What probiotics do:** Help with bloating, diarrhea and constipation
- **Where they are found:** Yogurts and cultured dairy products and supplements
- **How they work:** When there is an imbalance between the healthy bacteria in our intestine and the bad bacteria, boosting the healthy bacteria can help correct digestive upsets.



▶ Foods with probiotics are great for maintaining general health.

LASIK MD VISION
Get the best for less. Why pay more?
LASER VISION CORRECTION
Starting at
$490 /eye*
All-Laser LASIK Available
5 YEARS TO PAY† NO $ DOWN FINANCING
Halifax | St. John's | Montréal | Toronto | Calgary | Vancouver
WHY CHOOSE US?
• Lowest Price Guarantee
• Most advanced technology including All-Laser LASIK
• Canada's only "20/20 Vision or It's Free" Commitment
• Our surgeons have performed over 500 000 procedures
FREE Consultation: 1-866-999-0435
www.lasikmd.com
HALIFAX: 1801 Hollis Street, Suite 400
50 BEST MANAGED COMPANIES
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
† 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.



Workplace Law

DANIEL LUBLIN
EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP
DAN@CANADAEMPLOYMENTLAWYER.COM

KITCHEN SINK CONTRACTS OFTEN FAIL

Employers often take a kitchen sink approach to drafting employment contracts. I've written about certain things to look out for in prior columns, but here's other issues that employees should consider.

Probationary periods
Unless a contract provides for it, probation does not exist. Further, it is not enough to refer to an employee as "probationary." The contract must state that the employee can be fired for any reason, without pay or notice, during the probationary period. Otherwise, don't refer to probation at all.

Legal advice:
In one recent Alberta case the court refused to uphold a contract because there was an implication that had the employee not signed it, she would have lost her job. Employees should be given time to seek legal advice and an opportunity to negotiate terms.

Prior tenure
Upon a merger or acquisition, prior tenure is not simply erased — it continues, unless a contract states otherwise. In one of my cases, the employer argues that it is not responsible for the severance owed to a long-term employee because much of his tenure was with a predecessor. However, because the contract was silent, it is wrong.

Severance provisions
If a contract clearly permits termination upon payment of only statutory requirements, there is no right to severance, no matter how long or meritorious the employee's tenure. There is only a right to get what the contract says.

Reference to policy manual
For a policy manual to form a "term" of employment, it is not enough to refer to the existence of the company's manual in the contract. The manual must be attached to the contract, and the contract must confirm that the employee has read the manual and accepts those terms. For example, in another one of my cases, the employer states that a clause in its policy manual formed an important term of my client's job. If this were true, they why did they not put that into their contract?



▶ Employment contracts can miss a great many things when it comes to the law.

Texting in sick?

As the next generation starts to flood the employee pool, quite an impersonal approach to work is burgeoning

MAT LECOMPTE
WORK@METRONEWS.CA

Blackberries and iPhones. More like Crackberries and i-can't-stop-playing-with-my-Phones. Addictive, efficient and, at times, an over-used substitute for good old fashion talking.

According to a recent survey by textPlus, a texting app, 11 per cent of respondents felt it was appropriate to ask for a raise via texting, while 32 per cent think it's okay to let their bosses know they're taking a sick day by typing it on their mobile.

According to Dr. James Norrie, associate dean and professor at the Ted Rogers School of Management at Ryerson University in Toronto, there's a time and a place for such technology.

"(With) high stakes communication, you should try to be using a high engagement communication method (like phone or face-to-face)."
DR. JAMES NORRIE

"(With) any high stakes communication, you should try to be using a high engagement communication method," he says, such as the telephone or a face-to-face meeting. He says once certain factors are eliminated from the message, like tone or facial expression, there becomes a disconnect between the content and the context.

A 31-year old director's assistant in New York — who wishes to remain anonymous — knows all too well about that disconnect. Because of her line of work, texting is an essential part of the job, but can sometimes create confusion. For example, the meaning in the limited number of words used can get lost in the airwaves. She recalls one episode when she received a vague message from her boss asking her to send a car.

"I had no idea where he was, where he wanted to go, etc.," she says. "I tried to call him but he didn't answer so I texted him a bunch of questions and when I received one word answers, it was hard to tell if he was annoyed with me or just annoyed he was stuck in the rain somewhere!"

ISTOCK



▶ It may be hard to unglue your eyes from your smart phone screen, but there are certain situations when it really is necessary.

Texting no-no's

- Here are some other common mistakes people make using text messaging.
- They respond to quickly. According to Norrie, texting is a rushed style of communication and the way it's approached varies depending on the setting. For example, the quality of a response will differ when sent from a desk than while walking to the subway.
- They ignore the relationship quotient, meaning there is more to a conversation than just the content.
- People reply in the same medium if the message is misunderstood. If you don't understand the content or context of the message, call.

Seeking Super/Building Managers

Downtown Halifax
Min 3 years experience in building management.
Proficient with Maintenance.
This is a couple's position and individuals must apply together.

Please contact: 443 7074
jm@templetonproperties.ca

TEMPLETON | PROPERTIES
Halifax's 1st Choice for Apartments
www.TempletonProperties.ca



Did you know?
Average Earnings for Business Administration in Accounting is
$42,000
(www.labourmarketinforamtion.ca)

Enjoy career opportunities in:
General Accounting
Accounts Payable
Management Training
Finance
Business Management
Payroll

Success College
of Applied Arts and Technology
1-800-662-3991
www.thinksuccess.ca



Book review

I (heart) Money
Author: David Campbell Lester
Publisher: DCL Capital Press
Price: $24.99

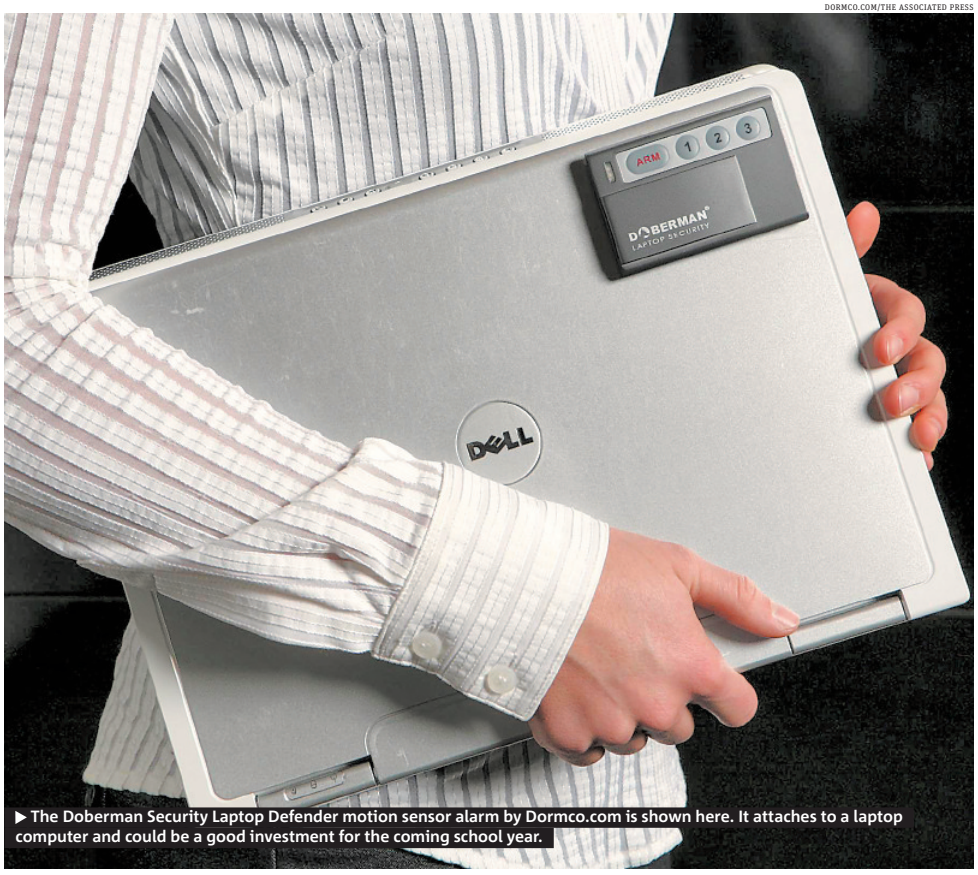
Money is a curious thing. The very essence of its purpose is to drive commerce, meaning, it's there to help you buy that thing you love. It is no wonder then that we have an ingrained ability to spend rather than save. Financial coach and author, David Campbell Lester, suggests in his book I (heart) Money, that we need to take a different approach to managing our money, loving it, rather than just splurging our pay cheques. According to Lester, how you approach money, should start with how you respect it, even how you carry it. "Do you keep it all bundled up in your pants or wallet? Do you go commando (not carry an at all)?" Lester's book provides some key insight to managing your money, also pointing out that having a healthy relationship with money will trickle down into having healthy personal relationships. Look back at any first date, he says, the first two questions out of someone's mouth are 'where do you live?' (Translation: What kind of real estate can you afford?) and 'what do you do?' (Translation: How much money do you make?). If you find someone who truly loves their money and is in control of it, you can be confident that they are in control of their life, at least in the author's view.

CRAIG LUND





DORMCO.COM/THE ASSOCIATED PRESS



▶ The Doberman Security Laptop Defender motion sensor alarm by Dormco.com is shown here. It attaches to a laptop computer and could be a good investment for the coming school year.

University safety shopping tips

The annual university shopping trip is almost upon us Remember there is more to school than toys, security must be considered too

While it's fun to stock up on posters, shower caddies and desk lamps, experts say you also should consider how you'll keep yourself, and your stuff, safe on campus.

Common sense is the best defence, says Chris McGoey, who runs a security business in Los Angeles and consults on campus safety.

"It's all about access. In most incidents, victims were careless, unaware and too trusting," he says.

In dorm suites and hallways, there may be visitors you don't know. Many first-year students like to adopt an "open-door" policy when they get moved into dorms. But that's an invitation to would-be thieves.

"If you have a computer, laptop or other electronic equipment, tether it to something solid using a security cable," advise the "college life" editors at the school-advice site SparkNotes.com.

There are also motion-sensor locks for laptops. And Orbicule's Undercover is a monitoring device for your Mac, iPhone or iPad; for a student price of $39 US, the downloadable software will snap a photo of the person who took your Mac and track the IP address anywhere in the world — information that can be given to police. In the meantime, lockout features prevent the thief from accessing anything on the computer.

As for smaller valuables, some students suggest keeping them in a trunk — the kind you take to summer camp — with a combination lock. Trunks also make handy nightstands.

Jeff Gawronski of DormCo.com, an online retailer that sells dorm security items, says his biggest seller is a room safe. Safes these days have been scaled down to look less intimidating in a dorm room.

Diversion safes are containers that look like everyday items — cleanser cans, for example. The idea's clever, so long as nobody accidentally throws the safe out. If your roommate has lost a key, don't leave the door unlocked. Instead offer to help find the resident assistant to get a new lock and keys.

In general, familiarize yourself with the school's security systems and dorm environment. Locate fire extinguishers, and keep a small one on hand if you have appliances.

DormCo.com stocks a Kevlar fire blanket to smother flames.

Female students may feel safer at night with a small pepper spray canister, if the school allows it. CollegeStudentSafety.com even sells jogging weights with a small vial hidden in the grip. A keychain with an alarm may offer peace of mind. THE ASSOCIATED PRESS

Identity Theft

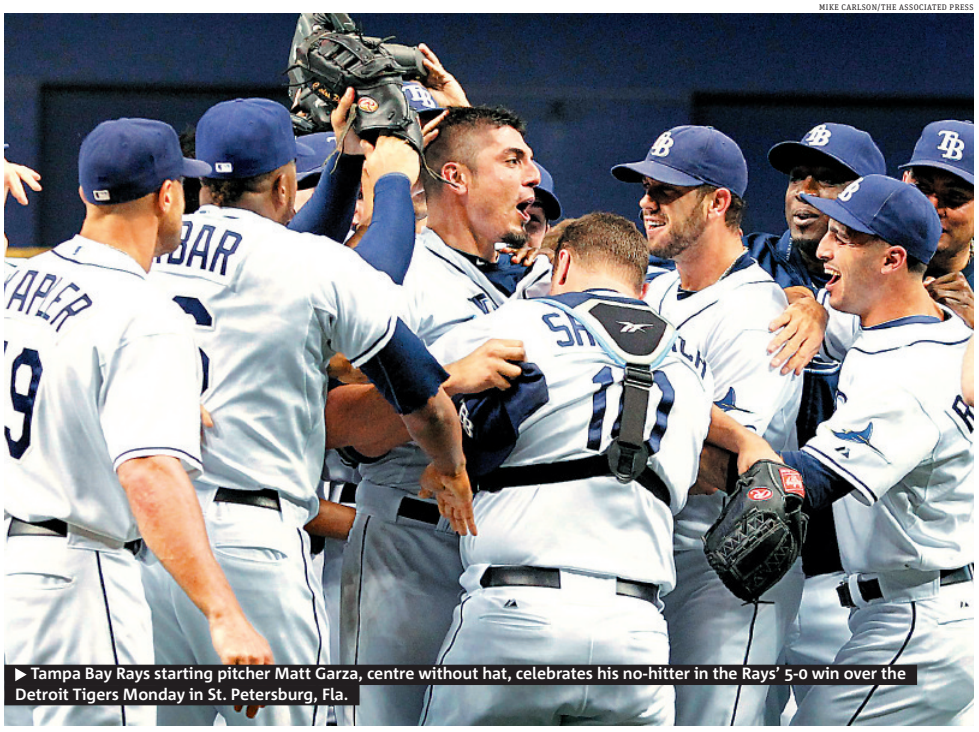
- Students are at particular risk for identity theft, according to a survey by Impulse Research for the Chubb Group Insurance Cos. Some simple steps can reduce the risk:
- Don't give out bank, credit card or social security information over the phone or online. Shred sensitive documents, or use an identity blocker stamp that obscures personal info. Be careful about replying to solicitations, and check bank balances frequently. If your wallet or purse is stolen, let your bank, the school and the police know immediately.

THE ASSOCIATED PRESS

The Year of the Pitcher indeed

- Garza's no-no the latest in this historic season
- Not since 1991 has majors seen this many no-hitters in a year

MIKE CARLSON/THE ASSOCIATED PRESS



▶ Tampa Bay Rays starting pitcher Matt Garza, centre without hat, celebrates his no-hitter in the Rays' 5-0 win over the Detroit Tigers Monday in St. Petersburg, Fla.

Five no-hitters, two perfect games and another gem that was spoiled by an umpire.

By now, San Francisco Giants broadcaster Mike Krukow and others around baseball are beginning to expect a piece of pitching history every week.

"I do. I can't explain it," said Krukow, who pitched in the majors from 1976-89. "Amazing. I think it's pretty cool. The Year of the Pitcher."

Matt Garza tossed Tampa Bay's first no-hitter Monday night in a 5-0 victory over the Detroit Tigers, becoming the fifth big leaguer to turn the trick during a season of mastery on the mound.

The last time there were five no-hitters in one year was 1991, when Hall of Famer Nolan Ryan threw one of seven in the majors. Now, arms are in charge again — so much so that no-hit alerts seem commonplace.

Ho hum, another shutout. Complete game? Yawn.

"Pitching has gotten better," Rays manager Joe Maddon said. "I don't know that the hitting has gone back a bit, but the pitching has definitely gotten better."

The numbers back him up. Fourteen times a pitcher has carried a no-hitter into the eighth inning this year. That's the most through July 26 since at least 1974, as far back as such records go at STATS LLC. As a comparison, it happened six times by that date last season.

"I don't know if there are any explanations for it," Minnesota manager Ron Gardenhire said. "It runs in cycles and you just go through it."

THE ASSOCIATED PRESS

Elite group

- Oakland left-hander **Dallas Braden** retired all 27 batters against Tampa Bay May 9 and Philadelphia ace **Roy Halladay** duplicated the feat 20 days later at Florida, making this the only season besides 1880 to include a pair of perfect games.
- Arizona's **Edwin Jackson** and Colorado's **Ubaldo Jimenez** also threw no-hitters, while Detroit right-hander **Armando Galarraga** was denied a perfect game because of a missed call at first base by an umpire.

Bryant didn't expect pads problem

$8.3M

Value of Dez Bryant's five-year contract with the Cowboys. He has already received a $1.95-million signing bonus and is due a $570,000 roster bonus during camp.

TOM PENNINGTON/THE ASSOCIATED PRESS



▶ Dez Bryant

Dallas Cowboys rookie receiver Dez Bryant said he never expected his refusal to carry Roy Williams' shoulder pads to become such a big deal.

The first-round pick also said he didn't know that rookies carrying the pads of veterans after practice was a long-standing ritual.

"I told Roy this, I said if that situation was going to turn out that big, he could have walked in with his tights on," Bryant said after a team practice yesterday. "I would have took his shoulder pads, his pants, his helmet, his socks, his shoes. I would have took everything. But you know what, that's not even an issue."

THE ASSOCIATED PRESS

Yao Ming may 'call it quits' from basketball

Houston Rockets centre Yao Ming is pondering quitting basketball if he doesn't fully recover from his lingering foot injury next season.

In wide-ranging comments to Chinese state media yesterday, Yao sounded far from optimistic about his future and also made a rare criticism of China's national basketball program.

"If the foot injury does not heal next season, I might choose to call it quits," Yao said.

Yao missed last season following foot surgery, but is set to return to the Rockets after deciding not to opt out of the final year of his contract. Though he has said his recovery was going well, the Rockets have signed seven-foot veteran Brad Miller to share the work at centre.

The seven-foot-six Yao, who was in his native China for a series of charity events, all but ruled out playing for his country in the 2012 London Olympics.

Yao said the Chinese national team's recent poor showings stem from the country's focus on preparations for the 2008 Beijing Olympics, while neglecting development teams and the country's professional league. THE ASSOCIATED PRESS

HARRY HOW/GETTY IMAGES



▶ Yao Ming

Maradona done with Argentina

Diego Maradona is no longer the coach of Argentina.

The Argentine Football Association said yesterday that it would not renew Maradona's contract, ending his erratic 21-month stint in charge of the national team that had mirrored his own long personal history of unpredictable behaviour and defiance.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1. New York Rangers sign free agent Alexander Frolov.
2. Cincinnati Bengals reportedly reach deal with Terrell Owens.
3. Mets' left-fielder Jason Bay has mild concussion and is out of the lineup for at least a few days.

Scan code for news

Strasburg a late scratch from start against Braves

Rookie sensation Stephen Strasburg was scratched from his scheduled start for the Washington Nationals last night because he had problems warming up his prized and powerful right arm before the game against the Atlanta Braves.

"Stephen was having trouble getting loose in the bullpen, and so I pulled the plug on it," Nationals general manager Mike Rizzo said, adding that he considered it a "precautionary move."

"There's no shooting pains or anything like that in his shoulder or elbow," Rizzo said.

Strasburg was being examined yesterday by a team doctor and "appropriate tests will be taken after that," including possibly an MRI or X-ray, the GM said, listing the Nationals' top pitcher's status as day to day. **THE ASSOCIATED PRESS**

Puerto Rico out of PBL?

Levingston says no teams from PR expected in league this season ◗ President positive about Frost Heaves



PHILIP CROUCHER
@METRONEWS.CA

Looks like Puerto Rico won't be a part of the Premier Basketball League next season.

Andre Levingston, league president and owner of the Halifax Rainmen, told Metro yesterday no teams from Puerto Rico are expected to take to the court for the upcoming campaign.

"I don't think it's going to happen this year," he said. "It might be something for the future."

The PBL president had submitted a proposal to the Baloncesto Superior Nacional openly inviting the league's 11 teams to join his circuit. There was one team from Puerto Rico playing in the PBL last season.

One of the main components of this proposal was shifting the PBL's schedule to begin in October and end in January. The PBL normally runs from January to April.

A deadline of July 26 was given to have a deal in place with BSN — and that passed with nothing.

In other franchise news, Levingston said he was "very optimistic" the Vermont Frost Heaves will be back next season. The team was trying to raise $100,000 to stay afloat.

With Vermont, six teams would be lined up for next season — with Levingston hopeful of at least three more clubs being finalized before a schedule is done up later next month.

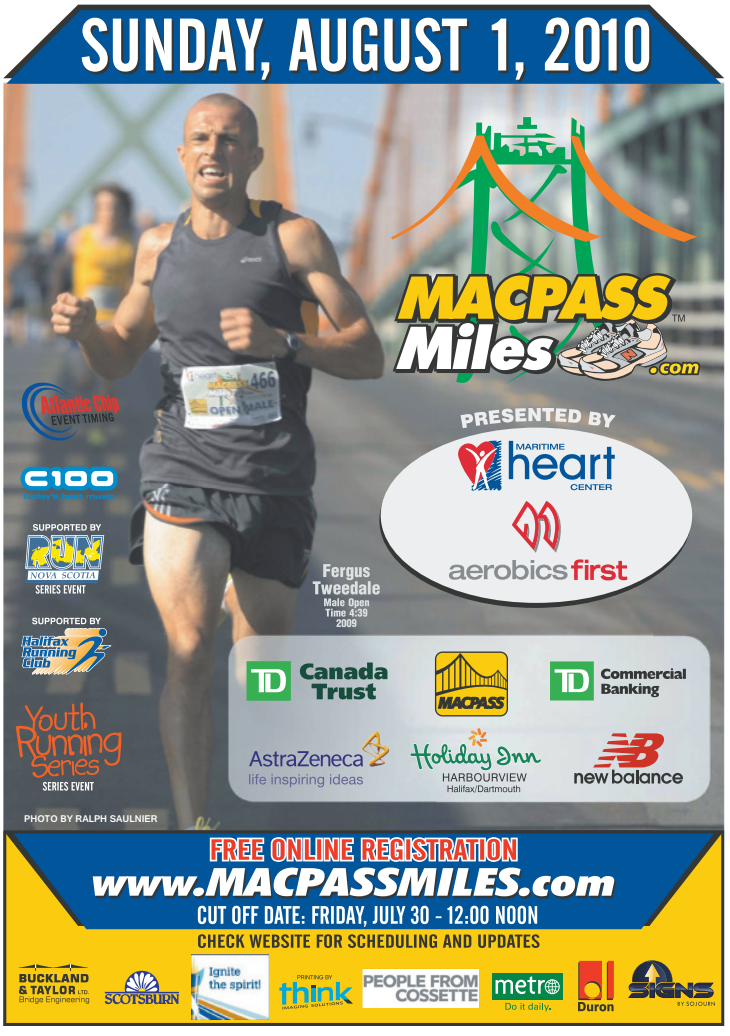
Millrats 2.0

The Saint John Millrats, it is. The newest Maritime team in the PBL announced yesterday it was keeping the same team that was used when the club played out of Manchester, N.H. Manchester relocated to Saint John, N.B., this off-season.

RYAN TAPLIN/METRO HALIFAX



▶ Larry Ayuso from the Puerto Rico Capitanes, a team that likely won't be back in the PBL next season.







Sports in brief

MJAHL releases '10-11 schedule

HOCKEY. The Metro Marauders will host the Truro Bearcats on Friday, Sept. 10 at the Dartmouth Sportsplex in one of two games to kick off the new Maritime Junior A Hockey League season.

The junior A league released its 2010-11 schedule yesterday and it sees each team play a 52-game schedule. Team's played a 50-game regular season last year. **METRO HALIFAX**

N.S. in 8th at women's tourney

GOLF. Nova Scotia is eighth after Round 1 of the 36-hole women's Canadian amateur golf championship provincial team event at the Kingsville Golf and Country Club in Windsor, Ont.

Mirelle LeBlanc of Meteghan fired a team-best 10-over-par 82 as Nova Scotia sits plus-36 through yesterday's first round.

In stroke play, LeBlanc sits in a tie for 91st. Halifax's Cathy Donald and Karly Wilms of Clyde River each shot 85, while Bedford's Debbie DeCoste fired a 93. **METRO HALIFAX**

Goulet to fight MacGrath

MMA. Former UFC welterweight Jonathan (The Road Warrior) Goulet says his next fight is against Matt MacGrath of Halifax on Aug. 7 in Beauport, Que. **THE CANADIAN PRESS**

KEITH SRAKOCIC/THE ASSOCIATED PRESS



▶ Penguins captain Sidney Crosby during a promotional news conference yesterday at Heinz Field in Pittsburgh.

Rivals go outdoors

Capitals and Penguins preview NHL Winter Classic

Mike Knuble teed up a puck on a wooden platform a few centimetres above Heinz Field's green grass and lofted a perfectly placed wrist shot between the uprights.

Call it the first goal by an NHL player on the Pittsburgh Steelers' home turf. Or was it the first field goal?

On a postcard-perfect midsummer 30-degree day — one that was more than 25 degrees above the average high temperature for Jan. 1 in Pittsburgh — the sight of the Penguins' Sidney Crosby, the Capitals' Knuble and three other players exhibiting their skills yesterday while previewing the NHL Winter Classic illustrated the not-uncomfortable juxtaposition between football and hockey.

As Penguins president David Morehouse said, Pittsburgh has long been known as a football town, but it's now one of the best hockey towns, too. For one day, hockey will enjoy a change of venue as the Capitals and Penguins shift what might be the sport's best rivalry — even NHL commissioner Gary Bettman said so — into one of the NFL's best-known stadiums.

"We're going to have an unbelievable chance to make great memories in a special event like this," Crosby said. "It seems like this is a great setup. I don't know what the baseball stadiums were like, but this one seems like a pretty normal fit." THE ASSOCIATED PRESS





While quantities last. Some models, colours or sizes may not be available in store. All illustrated products are used as a reference and may be different in store. Special pricing available for a limited time only.

CANADA'S hottest model event


2010 Dodge Grand Caravan SXT shown.§

IF YOU WANT A HOT MODEL, IT'S TIME TO STEP UP.

2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST SELLING MINIVAN

PURCHASE FOR
$19,999•
INCLUDES $6,500 CONSUMER CASH.*

PLUS GET **0%†** PURCHASE FINANCING for 36 months

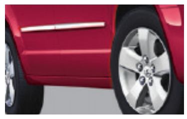
OR CHOOSE

$120 BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.50%±** FOR 84 MONTHS

STEP UP FOR ONLY **$15‡** MORE BI-WEEKLY

2010 GRAND CARAVAN SE WITH STOW 'N GO®


Second row power windows and quarter vented windows


17" Aluminum wheels

• Leather wrapped steering wheel and shift knob • Steering wheel mounted audio controls

NO CHARGE SE PLUS GROUP PACKAGE

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE
CANADA'S #1 SELLING CROSSOVER^


2010 Dodge Journey SXT shown.§

PURCHASE FOR
$18,499•
INCLUDES $1,250 CONSUMER CASH.*

PLUS GET **0%†** PURCHASE FINANCING for 36 months

OR CHOOSE

$111 BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.50%±** FOR 84 MONTHS

STEP UP FOR ONLY **$24** MORE BI-WEEKLY

2010 JOURNEY SXT GROUP PACKAGE


Third row 50/50 split fold reclining seats


Rear temperature control

• Second row 40/60 Tilt'n Slide™ seat – easy entry system

NO CHARGE FLEXIBLE SEATING GROUP

2010 JEEP PATRIOT


2010 Jeep Patriot Limited 4x4 shown.

$3,000 CONSUMER CASH DISCOUNTS*

PLUS GET **0%†** PURCHASE FINANCING for 36 months

CASH DISCOUNTS OF UP TO $6,500

CHRYSLER Jeep® DODGE RAM

VISIT YOUR ATLANTIC CHRYSLER, JEEP®, DODGE, RAM RETAILER. Dodge.ca/Offers

DODGE Caravan Kids

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, *, †, ±, § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 6, 2010 and August 3, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for complete details and conditions. •$19,999 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $6,500 Consumer Cash Discount. $18,499 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $1,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F)/2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $19,999/$18,499 financed at 0% for 36 months equals monthly payments of $555.52/$513.86; cost of borrowing of $0 and a total obligation of $19,999/$18,499. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. §2010 Dodge Grand Caravan SXT/2010 Dodge Journey SXT shown have a higher price than the 2010 Dodge Grand Caravan Canada Value Package/2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ^Based on January through December 2009 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

JIL MCINTOSH/FOR METRO CANADA



▶ Following a new model in 2009, Mitsubishi skipped a year and has now released the 2011 Eclipse Spyder.

Mitsu Eclipse Spyder spins web of wonder

Looking for a drop-dead-gorgeous topless road companion? 2011 Japanese convertible got the looks for a price that won't break your bank

JIL MCINTOSH
DRIVE@METRONEWS.CA

I've never figured out why some cultures perform rain dances in dry weather; all they need to do is give me a convertible to drive. My week with the 2011 Mitsubishi Eclipse Spyder included rain every single day, but I braved the sprinkles for the joy of driving with the roof down.

The Spyder has faults, but on a summer's day, it's easy to forgive them once the top stows away. It isn't quite the driver's car that Mitsubishi claims it to be, but it's a good wind-in-your-hair machine.

There's no 2010 model: Its production dates would have released it in the dead of winter, and so Mitsubishi Canada went straight from 2009 to 2011. There are two versions: the GS, at $30,498, uses a 2.4-litre four-cylinder engine, while my tester, the $35,998 GT-P, contains a 3.8-litre V6. Mine used a six-speed manual transmission, while a six-speed automatic can be added for $1,200.

The 265-horsepower V6 is a work of art. It's strong and smooth, with a deliciously throaty exhaust note; the clutch is light, the shifter is precise, and it's simply a joy.

What isn't pleasant is the torque steer, the tendency for a front-wheel-drive car to pull to one side on acceleration. With this much power, the car will all but turn a corner if you're not holding on tight.

An all-wheel system would make a huge difference, and Mitsubishi makes an incredible one that it plugs into its Lancer Evolution, but it would undoubtedly push the car's price out of reach.

The outside is gorgeous, and the inside is too. The heated sport seats are heavily bolstered, and when combined with my tester's orange exterior shade, the interior is three-tone.

Consider this a winding-road sportscar and you may be disappointed; look at it as a drop-dead-gorgeous topless traveller, and you're closer to the mark. Given the prices of some rivals, it's hard to do much better.

The specs

2011 MITSU ECLIPSE SPYDER GT-P

- **VEHICLE TYPE** Sports convertible
- **PRICE** $35,998
- **ENGINE** 3.8-litre V6
- **FUEL ECONOMY** City 13.1 L/100 km, hwy 8.0 L/100 km, as-tested 11.4 L/100 km
- **WARRANTY** coverage is always important to buyers, and Mitsubishi offers an especially long one: five years or 100,000 km on almost everything, and an additional ten years or 160,000 km on the powertrain.

Hundreds of Evoque testers descend upon cities

The all-new Range Rover Evoque has entered its final phase of testing, with hundreds of prototype models dispatched around the globe for trial in the toughest climates and conditions.

Land Rover is making no secret of the operation. Its design team has fitted ten prototypes with funky camouflage wraps, to introduce the new car in 10 key cities worldwide.

Ordinarily prototypes are disguised for discretion, but these ten are intended to be seen.

The funky camouflage imagery is actually a GPS mapping trail of ten key cities for Evoque, with each vehicle saying "Hello" to its city. It signals the eagerly awaited global launch of the new Evoque.



▶ A camouflaged Range Rover Evoque.

These vehicles represent London, New York, Sao Paulo, Paris, Milan, Madrid, Berlin, Sydney, Shanghai and Moscow and will all be spotted testing around the globe.

They are just a small proportion of the hundreds of pre-production cars that will be rigorously evaluated over millions of miles to ensure the new Range Rover Evoque surpasses the highest standards of quality and reliability when it goes on sale in summer 2011.

FROM CARGUIDE

5 drive

Up and down

Ready to soar
The Terrafugia Transition — a flying car — has finally been given official clearance to fly by U.S. aviation authorities.





PT Cruiser bows out
Chrysler is shutting down shop in terms of its quirky retro design car, the PT Cruiser. 1.3 million of car have sold since it was launched in 2000.

Scan code for more car news and reviews

EXPLORER NEW CHAPTER IN SUV STORY



JOHN R. KENNEDY/FOR METRO CANADA



▶ Magician Greg Frewin unveils the 2011 Ford Explorer during a special event Monday in Toronto.

The Sport Utility Vehicle, or SUV, is an interesting phenomenon. Before the 1980s, they were uncommon and an acquired taste, like certain foreign cheeses, or the movies of Rainer Werner Fassbinder. During the 1990s they took over the landscape.

In the last decade, they became somewhat vilified and watched helplessly as their devotees changed stripes, and embraced car-based crossovers.

This decade we're seeing the actual vehicles changing stripes. Once proud truck-based SUVs nameplates are now switching over to car-based platforms. Earlier this year we saw Kia Sorrento make the move.

And just this week Ford introduced its new generation Explorer, the first Explorer to go "unibody" and to offer front-wheel-drive versions, in addition to its AWD versions.

The Explorer move is significant, because the nameplate is credited as the major force behind the initial SUV tsunami.

In its first year of production (1990), Explorer sold 14 million units. It helped turn a niche vehicle into the most dominant one of the era.

I think the clearest explanation of why the phenomenon developed back then came from John Rock, once a vice-president of GM. He observed that traditional car buyers at the time "just loved truck-based powertrains."

At Ford Canada's reveal of the 2011 Explorer, I caught up with Paul F. Roy, the company's marketing director.

He noted that current customers are not hung up on which vehicle is body-on-frame or unibody; they're more interested in what the vehicle can do, than the nature of its construction.

He added that Explorer is a name that continues to resonate, and there is a swath of buyers who prefer the more, rugged SUV vibe. They just want that vibe in a more fuel-efficient and sophisticated package.

So now we have another niche — a car-based crossover that's trying to channel some old-school truck-based SUV mojo. At first I thought, "naw, doesn't feel right." Now I'm thinking, "why the hell not?"

CARSVILLE
BETTER CARS, BETTER BUYS, BETTER HURRY
10TH ANNIVERSARY SALE

2007 BMW 328XI Premium
• All Wheel Drive • 6 Speed • Full Coverage Warranty • Only 70km
$31,995

2008 FORD F150 Limited Edition
• 1 of only 750 Made! • Navigation • Sunroof • Loaded • An Absolute BEAUTY!
$29,995

2009 MINI COOPER S Clubman
• 2 Sunroofs • Turbo Charged • Full Coverage Warranty • Like New Condition • Only 27km
$29,995

The boss says: "It's almost August... if the top goes down so does the price!"

$17,995 2007 Ford Mustang • REDUCED $1000 • Pony Pkg • Handling Package • Leather • Auto • Only 50km $18,995
$34,995 2007 BMW Z4 3.0Si • REDUCED $3000 • 6 Speed • Sports Pkg • Full Coverage Warranty • 260HP SI 3.0L Engine • Only 36km $37,995
$18,995 2004 Nissan 350Z Convert • REDUCED $1000 • 5 Speed • Power Top • Excellent Condition $19,995
$27,995 2006 BMW Z4 3.0L Si • REDUCED $1000 • Premium & Sports Package • Only 66km $28,995
$23,995 2007 Mazda MX-5 GT • REDUCED $1000 • Full Coverage Warranty • Leather • Bose Sound • Only 13km! $24,995
$21,995 2003 Mercedes Benz CLK 430 • REDUCED $1000 • V8 • AMG Sport Pkg • Only 70km $22,995
$18,995 2006 Mazda RX-8 GT • REDUCED $1000 • 6 Speed • Bose Audio • Sunroof • Very Clean • Only 22km $19,995
$27,995 2006 Infiniti G-35 Coupe • REDUCED $1000 • Premium • Auto • Bose Audio • Warranty • Only 66km $28,995

MATTHEW Morrison, GREG Lawrence, SUSAN Holman, DEAN Cormack, JUSTIN Cormier, LEE Walsh

Celebrating 10 years selling the best cars in Sackville. We invite you to drop by our lot and see our high quality pre-owned imports in person. If you have any questions, one of our helpful staff would be happy to assist you.

257 Sackville Drive, Lower Sackville, NS B4C 2R5
Tel: 1.877.676.4374
TOLL FREE
SEE OUR COMPLETE INVENTORY ONLINE
www.mycarsville.ca

Obama takes charge of Volt

U.S. President Barack Obama got his first exposure and seat time earlier this month in the Chevrolet Volt electric vehicle with extended range capability during a visit to the Compact Power battery plant in Holland, Mich.

LG Chem, the parent of Compact Power, is making the battery cells for the Volt, which goes on sale late this year.

The Volt has a range of about 340 miles and is powered with electricity at all times.



▶ Barack Obama recently test drove the Chevrolet Volt.

For up to the first 40 miles, the Volt is powered solely by electricity stored in its 16-kWh lithium-ion battery, using no fuel and producing no emissions. When the Volt's lithium-ion battery runs low, an engine/generator seamlessly operates to extend the driving range another 300 miles on a full tank of gas.

FROM CARGUIDE

30 DAYS ONLY
LIMITED TIME OFFER
Premium No-Drip Undercoating for only $199!
REG $399 Limited time offer, expires Aug 31, 2010
Shine Factory Automotive Protection & Detail
2 GREAT LOCATIONS:
DARTMOUTH
613 Main Street
902-444-4039
shinefactorydartmouth.com
HALIFAX
3090-2 Barrington Street
902-444-3940
shinefactoryhalifax.com

FORD EMPLOYEE PRICING

Now you pay what we pay.

Get up to $15,000 in price adjustments for the best prices of the year on virtually our entire line up†.



50 MPG - 5.7L/100km (HWY)▾
33 MPG - 8.5L/100km (CITY)

2010 FOCUS SE SPORT

- Air conditioning
- Power windows and locks
- Remote keyless entry

Sport Appearance Package:

- Fog lamps
- Rear decklid spoiler
- 15" alloy wheels

Employee Price Adjustment $1,368
Delivery Allowance.....$3,000
Total Price Adjustment..... $4,368

Your Employee Price
$13,531*

2010 FUSION SE

- Chrome exhaust tips
- Fog Lamps
- Power heated mirrors
- 17" steel wheels with deluxe covers
- SIRIUS® Satellite Radio with 6-month pre-paid subscription

Employee Price Adjustment $1,801
Delivery Allowance.....$3,000
Total Price Adjustment..... $4,801

Your Employee Price
$19,198*



44 MPG - 6.4L/100km (HWY)▾
30 MPG - 9.4L/100km (CITY)

39 MPG - 7.3L/100km (HWY)▾
30 MPG - 9.5L/100km (CITY)



2010 RANGER SUPERCAB SPORT 4X2

- Atlantic Canada's best-selling compact pickup for 3 years running^
- ecoENERGY Award 9 years in a row^^
- Canada's most fuel-efficient pickup▾

Employee Price Adjustment $1,573
Delivery Allowance.....$4,500
Total Price Adjustment..... $6,073

Your Employee Price
$13,626*

2010 F-150 SUPERCAB XLT 4X4

- F-Series is the best-selling pickup in Canada+
- Chrome grille, front and rear step bumpers
- Power side mirrors, locks and windows
- Remote keyless entry
- Air conditioning
- Outside temperature and compass

Employee Price Adjustment ... $4,206
Delivery Allowance.....$5,500
Total Price Adjustment..... $9,706

Your Employee Price
$27,693*



27 MPG - 10.3L/100km (HWY)▾
20 MPG - 14.4L/100km (CITY)



Only Ford lets you recycle your **2003 or older** vehicle and get **$3,300*** towards a new Ford. up to

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada, on qualifying vehicles of model year 1995 or older. Incentives range from $1,000 to $3,000. Visit ford.ca for details.

In Partnership with Summerhill IMPACT, Car Heaven, Retire Your Ride Canada's Vehicle Recycling Program

Drive one. CHALLENGE **



We want you to experience the most innovative vehicles we've ever built.

We're inviting you to take the Drive One Challenge. **We believe that once you drive a Ford you won't want to drive anything else.** If we still haven't won you over and you buy any competitive vehicle, we'll give you $100.**

To get your Employee Price, visit your Atlantic Ford Store or ford.ca today.

Ford

Drive one.

ford.ca

Dealer may sell or lease for less. Limited-time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. †Ford Employee Pricing ("Employee Pricing") is only in effect from July 1, 2010 to August 31, 2010 (the "Program Period") and refers to a Plan existing ordinarily available to Ford employees and excludes any GM negotiated bonuses or other special incentives that employees may receive from time to time. Employee Pricing is available on the purchase or lease of most new 2010 and 2011 Ford vehicles (excluding 2010/2011 Mustang Shelby GT 500, F-150 Raptor, F-Series Chassis Cabs, E-Series Cutaways and Stripped Chassis E-450/F-750). This new vehicle must be delivered from inventory. Fleet customers may not be eligible. Not all consumers may qualify. Not available to Ford of Canada employees, their friends or family, but not both. Employee Price Package combinable with the Connected Conquest Program but not combinable with CPA, GPC, CPP, Daily Rental Allowance, A/Z/D/F-Plan and A/Z-Plan Lease Type program incentives. **Offer valid from July 1 until August 31, 2010 (the "Program Period"). This offer is only valid at participating Canadian dealers. Any customer that test drives a new Ford or Lincoln vehicle during the Program Period and purchases or leases a new competitive vehicle and takes delivery of that vehicle within 100 hours of the original test drive and presents the dealer with proof of purchase/lease and delivery in the form of a dated and signed Retail Buyer's Agreement. Eligible customers will be mailed a cheque from Ford Motor Company of Canada in the amount of $100 after eligibility is verified. Only one (1) $100 offer may be claimed per person during the Program Period. Test drives from the Drive one. 4 ur School program do not qualify. Offer only available for use by Canadian residents and is in Canadian funds. This offer may be cancelled at any time without notice. Total Eligible Price Adjustment of [$15,639] based on a new (2011 Ford SuperDuty F350 Lariat 4x4 Diesel) Total Eligible Price Adjustment of [$8,339] (and delivery allowance of [$4,000], with the Recycle Your Ride program [$3,000 PPP, and $300 Retire Your Ride]). Taxes payable on full amount of purchase price after Employee Price Adjustment and delivery allowance have been deducted. All offers exclude freight and air tax ([$1,500]), license, fuel fill, charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. See dealer for details. Limit: All offers may be changed or cancelled at any time without notice. Dealer may sell for less or lease for less than advertised terms. ***Based on 2010 Ford Escape XLT 4x4 V6 (5A) with Automatic 6-Speed Transmission (Code 6F35) and Regular Unleaded V-6 3.0 L/182 CID DOHC 24-Valve i-VCT Engine (STK# 1A) vs. 2010 Chevrolet Equinox LT AWD with Automatic 6-Speed Transmission and 3.0L V6 SIDI DOHC VVT 24-Valve Engine. Based on Natural Resources Canada's "Fuel Consumption Ratings 2010" and Transport Canada approved test methods. Actual fuel efficiency may vary. Based on driving conditions, vehicle load and certain vehicle accessories. Midsize class per R.L. Polk & Co. (U.S.). ^Intermediate per R.L. Polk & Co. (U.S.). ^^Intermediate per R.L. Polk Canada, Inc. (Canada). 50 MPG relates to the 2010 Focus S model. ^^^38.3% of all new compact pick-up trucks sold in Atlantic Canada (NB, NF, NS, PE) in 2009 were Ford Rangers based on R.L. Polk Canada, Inc. vehicle registrations, January 2009 through December 2009. ^ Based on 2002-2010 Fuel Consumption Guide Data published by Natural Resources Canada for the 2.3L 4-cylinder 5-speed manual transmission Ford Ranger FEL Model. ^^See your Ford of Canada Dealer or contact SIRIUS at 1-888-539-7474 for more information. "SIRIUS" and the SIRIUS dog logo are registered trademarks of SIRIUS Satellite Radio Inc. Includes 6-month pre-paid subscription.

Atlantic FDA: 1595 Bedford Highway Bedford, Nova Scotia B4A 3Y4

Sorento family favourite

If adventures are your thing, Kia SUV can be an ideal companion Relatively worry-free model high on value

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

PHOTO COURTESY KIA MOTORS



Kia Sorento has plenty to offer for those in search of a budget SUV.

Like it or not, some Canadian families simply need the ruggedness, capability and power served up by a 4x4 SUV. If your family requires one such model to tow a boat, tackle the cottage trail or access weekend adventures via uncharted territory, there are several worthy options to consider in the used market.

The new Sorento is now on sale at Kia dealerships, leaving the former value-priced model in the used market with a praised ladder-frame structure and real 4x4 transfer case with low-range gearing. These two attributes form the basis for real-world sport ute toughness that gear the Sorento towards a shopper actually planning to work their machine a little with some towing or off-roading.

Sorento was powered by one of several V6 engines. Earlier models got a 3.5 litre unit with 192 horsepower, while a 3.8 litre, 262 horsepower V6 was also available. Later in the Sorento's life, a 3.3 litre, 242-horsepower engine joined the lineup, and shoppers can look for a four or five-speed automatic, as well as the rarer five-speed manual transmission.

Highlights

- **MODEL** 2003-09 Kia Sorento
- **VEHICLE TYPE** SUV
- **APPROXIMATE USED PRICE RANGE** $5,500-$24,000

What Owners Like

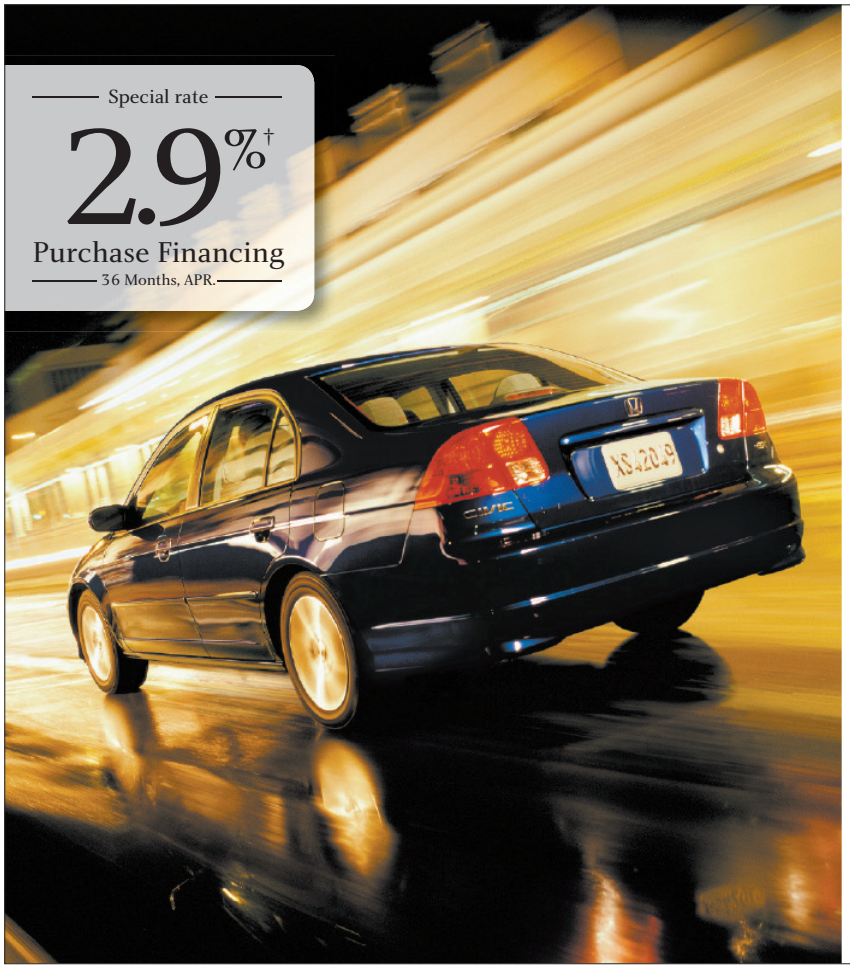
Value, equipment levels and styling are rated highly by last-generation Sorento owners, as are a safe and confident driving feel that comes as part of a tall height and solid ride. Fit and finish were also praised.

What Owners Hate

Standard 4x4 complaints regarding fuel mileage top the list of last-generation Sorento owner gripes, along with a "thin" paint job and some interior noises and rattles.

Common issues

Shoppers test-driving a used Sorento are advised to check that the 4x4 system shifts in and out of its various modes as expected, thus ensuring an expensive actuator within the transfer case isn't malfunctioning. Models with a manual transmission should shift smoothly with no grinding, clunking or clutch slippage.



It's a used Honda, not a used car.

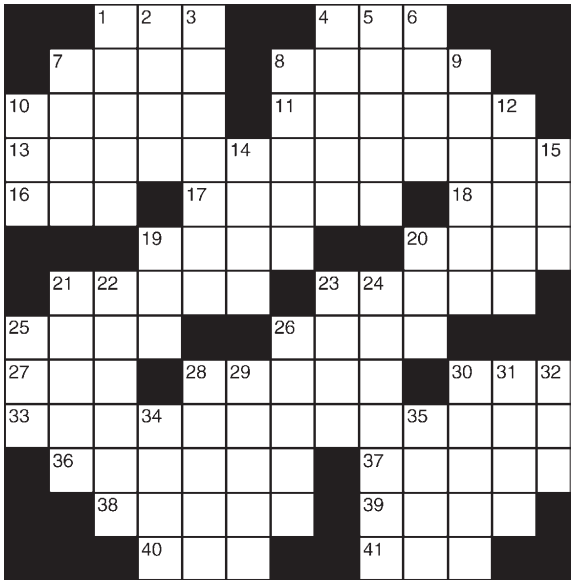
Honda reliability. Certified. When Honda certifies a used vehicle, you know it can be depended on. Every Certified Used Honda undergoes a series of thorough dealer inspections to ensure it upholds the reliability of the Honda name. You get the performance, safety and efficiency of a Honda, with the added assurance that comes with a factory warranty. **Make the confident choice at honda.ca**

- 6-yr / 120,000-km transferable powertrain warranty
- 7-day / 1,000-km exchange privilege
- 100+ point inspection

HONDA Certified Used Vehicles

†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 36 months on Honda Certified Used Honda Civics (2005–2009 model years). Finance example based on 2005 model: $10,000 at 2.9% per annum equals $290.37 per month for 36 months. Cost of borrowing is $453.42 for a total obligation of $10,453.42. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires July 31, 2010.

Crossword



Across
1 Corn eater's castoff
4 Drunkard
7 Smart phone?
8 Lomond and Ness
10 Sound from a rapid-flying object
11 Comprehension
13 Small, unpretentious place
16 Hooter
17 Search
18 Meadow
19 Unopened flowers
20 Nervous
21 Host
23 Hardly neat
25 Raised
26 On deck
27 Grecian vessel
28 Drink noisily
30 Rotation duration
33 Aced, on the links
36 Tire type
37 "Monopoly" payments
38 Some boxers' jabs
39 Forever and ever
40 To the — degree
41 "CSI" evidence

Down
1 Malaria symptom
2 Leak slowly
3 Pinochle-like game
4 Former frosh
5 Eightsome
6 Dissolve
7 Presentation
8 Guitars' ancestors
9 Poets of old Scandinavia
10 16-Across' query?
12 Poem of lament
14 Undraped
15 Minstrel's song
19 The A train?
20 Superlative suffix
21 Boo-boo
22 Telepathic
23 Unembellished
24 Lapsed
25 Insect
26 Zeroes
28 9-to-5, e.g.
29 Reluctant
30 The D in DKNY
31 Farm animals?
32 "Absolutely"
34 Mideast gulf
35 Night light?

▶ Yesterday's answer

S	C	A	R	■	R	A	N	■	Z	E	S	T
L	O	B	E	■	O	H	O	■	O	N	E	A
A	L	U	M	■	W	O	R	L	D	C	U	P
G	E	T	A	W	A	Y	■	A	I	S	L	E
■	■	■	K	E	N	■	S	P	A	■	■	■
P	A	W	E	D	■	C	U	P	C	A	K	E
A	G	O	■	■	J	O	N	■	■	F	I	G
C	A	K	E	P	A	N	■	O	U	T	D	O
■	■	■	L	E	G	■	K	I	N	■	■	■
S	M	E	A	R	■	H	A	L	L	W	A	Y
P	A	N	P	I	P	E	S	■	E	A	S	E
A	X	I	S	■	M	A	H	■	S	K	I	N
R	I	D	E	■	S	P	A	■	S	E	A	S

Sudoku

			4				7	6
	4		7				5	
		8			9	1		
6				1	5			
	3	5				8	1	
			2	8				3
		4	9			7		
	5				6		8	
3	9				2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	4	5	3	6	1	9	8	2
1	2	9	4	8	7	6	3	5
3	6	8	5	2	9	4	1	7
2	9	3	8	5	4	7	6	1
8	5	7	1	3	6	2	9	4
4	1	6	7	9	2	3	5	8
6	3	4	2	1	8	5	7	9
9	7	1	6	4	5	8	2	3
5	8	2	9	7	3	1	4	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I'm so proud of you baby, I love you so much, can't wait for blue mountain
LOVE HAKIM!

I just wanted to thank you for all your time and patience with me. And thank you for the 4 wonderful years hopefully we get to continue to be with each other for the years to come.
ME

Cynthia, I had given up hope before you came into my life; you are the most wonderful woman I have ever known, and I will go with you to the end of the line.
MARTIN

Jaan, I sit here and try to think of all the words to describe how I feel and what you mean to me, but all I can think of is as simple as this. I love you. I always have and I always will no matter what comes.
TENDU

The Weather Network
©The Weather Network 2010

Today	Thursday	Friday
Sunny	Showers	Rain
27° / 18°	80% 25° / 15°	90% 22° / 13°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 19 This is potentially one of the best times of the year for you, so don't waste it. What happens today will cheer you up no end but you should not be feeling down anyway.

♉ Taurus April 20-May 21 You have been so busy of late that you may have neglected some of the people you love, so make it your aim today to remind partners and family members how much you care.

♊ Gemini May 22-June 21 Forget about money worries and work problems and make it your aim to have fun. If what you are doing does not bring a smile to your face then either you are doing it wrong or you should not be doing it at all.

♋ Cancer June 22-July 22 You have to get serious about your cash flow situation. You can still have fun but it must be the kind of fun that does not cost you an arm and a leg.

♌ Leo July 23-Aug.23 Forget about what happened earlier in the year and strive to make the next few weeks truly special. You cannot change the past but you can redeem it by making the future memorable — and the future starts right now.

♍ Virgo Aug. 24- Sept. 22 The Sun's transit of the most sensitive area of your chart makes this a difficult time for you, but not so difficult that you have to walk around with such a long face. Cheer up, it's life, and it's still pretty good.

♎ Libra Sept. 23-Oct. 23 You can, if you wish, sit back and do nothing today but if you spend time with your friends you will not only feel relaxed but you will feel as if you have done something productive as well.

♏ Scorpio Oct. 24-Nov. 22 You will be put to the test over the next few days, so prepare yourself mentally and get plenty of rest as well. Your mind and your body need to be at their peak.

♐ Sagittarius Nov. 23-Dec. 21 Expand your horizons and break out of the rut you have been living in these past few months. You have done what was expected of you and now you have every right to reward yourself.

♑ Capricorn Dec. 22-Jan. 20 You may not want others to know that you are in difficulties but if you don't speak up how are you going to get help?

♒ Aquarius Jan. 21-Feb. 18 Partnership matters of all kinds must be taken seriously now. You may wish that you could just ignore certain issues but common sense tells you that's no way to go about things.

♓ Pisces Feb. 19-March 20 Changes to your schedule, both at home and at work, will have to be made eventually, so why not make them now? You have been pushing yourself a bit too hard. Go easier on yourself today and tomorrow.
SALLY BROMPTON

Caption contest

MARK KEPPLER/THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MANU FERNANDEZ/THE ASSOCIATED PRESS



ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM
club metro

FLIGHT CENTRE Unbeatable
London
Air + 6 Nights
from $799
+ taxes & fees $395
INCLUDES central accom with breakfast.
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

"I LOVE THIS PAPER"
"This app is a great way to read Metro when on the go" – Real user review
The free Metro Canada application is available on the App Store.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
Available on the App Store
metronews.ca

Atlantic Canada's
All Wheel Drive Headquarters

2010 Outback Demo

AC,PW,PL,TW,CC,AW,CD,
HTD SEATS, 10,000 KMS
$31,990

2006 Outback 2.5i

3007P
AC,PW,PL,TW,CC,AW,CD,
HTD SEATS, 97,282 KMS
$15,995

2006 Outback

6072P
AC,PW,PL,TW,CC,AW,CD,
HTD SEATS, 99,774 KMS
$14,995

2006 Outback 2.5i Wagon

5212P
AC,PW,PL,TW,CC,AW,CD,
HTD SEATS, 91,536 KMS
$16,995

2006 Tribeca

8017P
6AC,PW,PL,TW,CC,AW,CD,SR,
HTD SEATS, 89,994 KMS
$17,995

2006 Tribeca H6


5123P
AC,PW,PL,TW,CC,AW,6CD,SR,
LTHR,HTD SEATS, 83,325 KMS
$19,995

2005 Legacy Limited

5807A2
AC,PW,PL,TW,CC,AW,CD,
HTD SEATS
$9,995

2007 Legacy 2.5i

7160A
AC,PW,PL,TW,CC,AW,CD,
78,424 KMS
$15,995

2008 Forester 2.5SE

9073P
AC,PW,PL,TW,CC,AWD,CD,
72,465 KMS
$19,995

2006 Forester 2.5x

1871P
AC,PW,PL,TW,CC,CD
110,052 KMS
$12,995

2006 Impreza 2.5i

0926P
AC,PW,PL,ALLOYS,CC,CD
LTHR, SUNROOF,124,000 KMS
$13,995

2006 Forester 2.5X

9280P
AC,PW,PL,TW,CC,CD,
70,658 KMS
$16,995

BEST SELECTION! BEST PRICES!

2006 Forester 2.5X

3679P
4AC,PW,PL,TW,CC,CDS,
49,192 KMS
$16,995

2006 Forester 2.5XS

1155A
AC,PW,PL,TW,CC,AW,6CD,
HTD SEATS, 78,455 KMS
$17,995

2006 Forester

5929P
AC,PW,PL,TW,CC,AW,CD,SR,HTD
MIRRORS, 88,643 KMS
$15,995

2006 Impreza 2.5i


5510P
AC,PW,PL,TW,CC,AW,CD
37,041 KMS
$15,995

2006 Impreza 2.5i

0294P
AC,PW,PL,TW,CC,AW,CD
80,250 KMS
$12,995

2008 Impreza Sport

2602P
AC,PW,PL,TW,CC,CD
37,000 KMS
$19,495

2010 Impreza 2.5i Demo

000844
AC,PW,PL,TW,CC,AW,CD
11,944 KMS
$22,495

2006 Impreza 2.5i

1467P
AC,PW,PL,TW,CC,AW,CD,HTD
SEATS,FOG LIGHTS, 78,931 KMS
$13,995

2007 Impreza 2.5i

1527P
AC,PW,PL,TW,CC,AW,CD
79,687 KMS
$15,995

2008 Impreza 2.5i

9520P
AC,PW,PL,TW,CC,
49,068 KMS
$16,995

2008 Subaru Impreza Sport

1248P
AC,PW,PL,TW,CC,AW,6CD,
HTD SEATS, 56,000 KMS
$19,495

2008 Subaru Impreza 2.5i

3616P
4A,AC,PW,PL,TW,CC,CD
42,000 KMS
$17,995

FEES AND TAXES EXTRA

Steele
SUBARU | DARTMOUTH

670 Portland Street
Dartmouth, NS, B2W 2M8
Ph: 902.466.2835
www.steelesubaru.ca

SUBARU